

# Montgomery County **RECREATION** DEPARTMENT



AUTUMN 2005



Now including  
M-NCPPC  
programs!

*It's all right here!*

**Montgomery  
Parks**  
M-NCPPC



[www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)

# From the County Executive



OFFICE OF THE COUNTY EXECUTIVE  
ROCKVILLE, MARYLAND 20850

Douglas M. Duncan  
*County Executive*

Autumn 2005



Dear Montgomery County Resident:

Cool, crisp autumn days are a perfect time to participate in an outdoor recreation class. Or, perhaps you would prefer to stay indoors and take a cooking or painting class. Whatever your preference, take a look inside and see what's being offered in our new Recreation Department Autumn 2005 Guide.

Beginning with this issue of the Guide, our Recreation Department is teaming up with the Maryland-National Capital Park and Planning Commission (M-NCPPC) and, in addition to the usual, wide selection of Recreation classes and programs, we are also including a wide variety of programs and classes offered by M-NCPPC. The addition of these courses is a natural complement to the County's offerings, with classes ranging from Botanical Art and Illustration to ice skating and tennis.

For those of you who are not yet familiar with the ACCESS cards, I am pleased that the Recreation Department is continuing to expand the use of these cards for all its programs and facilities. ACCESS cards are free and allow for enhanced security while providing faster registration, express entrance into recreation facilities, and more. There is more information about ACCESS cards inside this Guide.

I encourage you to take some time to look through the many offerings included and sign up now for one of the classes or programs being offered either through our Recreation Department or through the M-NCPPC.

Sincerely,

Douglas M. Duncan  
County Executive



[www.montgomerycountymd.gov](http://www.montgomerycountymd.gov)



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## Cancellation Policy

The Montgomery County Department of Recreation (MCRD) holds programs in Department community, senior and aquatic centers, public schools, park facilities and private facilities. The cancellation of MCRD scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP am 1500 and WMAL am 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. Announcements will be made on the radio stations noted above. Community centers and Aquatic centers will open for drop-in activities as conditions permit. Please call the centers directly for information. The MCRD program message line is 240-777-6889. This recording will be updated regarding cancellations for MCRD classes, activities and sports programs.

## Se Habla Espanol

Si está interesado en obtener más información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, o oportunidades de empleo, por favor llamen al 240-777-6839. Ofrecemos una variedad de actividades en donde personas de todas las edades pueden participar. Si tienen ideas o sugerencias de otros tipos de programas, por favor llamen al 240-777-6839.



Germantown Town Center  
MD 118 & Middlebrook Road  
12901 Town Commons Drive  
Germantown, MD 20874

**DANCE**

**MUSIC**

**THEATER ARTS**

**VISUAL ARTS**

LIMITED  
SCHOLARSHIPS  
AVAILABLE

# Creative Arts Classes

## Autumn 2005

Beginning September 12

### Classes for Adults, Teens and Children

<b>DANCE</b>		
Ballet	Hip Hop	Tap
Swing	Urban Funk	Jazz
Movement for Seniors		
Creative Movement		

<b>LUNCHTIME</b> Pilates
-----------------------------

<b>THEATER</b> Acting Creative Drama
--

<b>MUSIC</b>		
Voice	Piano	Guitar

<b>VISUAL ART</b>		
Painting	Collage	Sculpture
Stained Glass	Drawing	

<b>Homeschool Classes</b> for grades 2-8
Dance-Visual Arts
Drama

<b>EARLY CHILDHOOD PROGRAMS</b> in Literature, Music, Visual Art, Dance, Theater
--

\*\* Not affiliated with Montgomery County Recreation Department.

For more information, call **240.912.1053** or visit [www.blackrockcenter.org](http://www.blackrockcenter.org)

### We Want You!

**Part-time Staff** are needed to lead a wide variety of activities. Become part of our team!

Call 240-777-6840 for an application.

**Contractual Instructors** are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation Department  
Contracts  
4010 Randolph Road  
Silver Spring, MD 20902

### Volunteer this Autumn!

- Lead or assist in children's activities
- Support your local community center
- Work with individuals with disabilities
- Provide administrative support
- Help with senior adult programs
- Serve on the advisory board
- Make special events successful!

**Become part of our team!**  
Just call the team you want to work with.

# What's New!

## August Events

- 18 **Seminar on Middle East Issues** Holiday Park Senior Center. 1:15pm. "If The Object Of War Is Peace, Could We Dispense With War And Go Directly To The Peace?" (two-part seminar) Can Concessions and Compromise Bring Peace to the Middle East? Facilitated by Mark Croatti, professor and writer. Free. 301-468-4448
- 26 **Dance Club Friday** Holiday Park Senior Center. 1:15pm. Join the Holiday Park Crowd as they swing, rumba, cha-cha, tango, boogie and more... to the sounds of Montgomery County's favorite dance music. \$4.00 at the door, \$3.00 w/HPSI card. 301-468-4448
- 30 **Seminar on Middle East Issues** Holiday Park Senior Center. 1:15pm. "If The Object Of War Is Peace, Could We Dispense With War And Go Directly To The Peace?" (two-part seminar) The War on Terrorism in Iraq. Facilitated by Mark Croatti, professor and writer. Free. 301-468-4448.

## September Events

- 9 **Dance Club Friday** See August 26 listing.
- 15 **Elderlaw Series 2005 Kickoff** Holiday Park Senior Center. A series of six individual seminars addressing legal and financial issues impacting the 55+ population. Beginning September 15 at 1:30pm then one every other week through December 1. Designed to acquaint and empower older adults, their adult children and providers of services to mature adults, with their legal and financial rights. \$25.00 for all six seminars or \$5.00 per seminar. 301-468-4448
- 17 **Healthy You Health and Fitness Expo.** City Place Mall (8661 Colesville Rd. Silver Spring). 11am-5pm. A fun filled family event filled with free health screenings, health information on a variety of health topics, kids photo I.D. and fingerprinting, and interactive fitness demonstrations all throughout the mall! FREE. 240-777-6821

## October Events

- 8 **Family Fun Fest & Bingo Night** Potomac Community Center, October 8. Fun Fest from 11am-5pm. Carnival games, moon bounces, giant slide, clowns, food and prizes. Admission \$5 for unlimited games /rides. Bingo Night from 5-8pm. Fun for the whole family. Games/prizes/ snack bar. \$5 plays all night. 240-777-6960
- 14 **Dance Club Friday** See August 26 listing.
- 17 **Seminar: Thinking About Moving?** Holiday Park Senior Center. 1:15 pm. Time to down-size? Paul and Matthew Quinn of Quinn's Auction galleries can tell you how to make it easier by exploring a comprehensive way to get it all done. Also featuring "Road Show Time". Bring in one item and Paul and Matthew Quinn will tell you its story and its value. FREE. 301-468-4448

- 21 **Dance Club Friday** See August 26 listing.
- 22 **Halloween Extravaganza** East County Community Center. 12noon-2pm. Halloween fun for the entire family. Games, prizes and entertainment. Activities structured for ages 5-10. FREE. 301-572-7004.
- 30 **Halloween Happening** Potomac Community Center. 1:30pm Costume parade, arts and crafts, carnival games, prizes, bingo. Ages 12 & under. FREE. 240-777-6960

## November Events

- 4 **Dance Club Friday** See August 26 listing.
- 5 **Flea Market/Yard Sale** Potomac Community Center. 8:30am-12:30pm. Vendor spaces available: \$25.00. Free admission for buyers. 240-777-6960
- 6 **Reception for Opening of Kritt Student Art Show** Fairland Community Center. The show features artwork by adult students enrolled in Kritt's Art Classes through the Montgomery County Recreation Department. The Opening Reception is free to the public. 1-3pm. The artwork will be on display through Saturday, December 10.
- 19,20 **Table Tennis Tournament** Potomac Community Center. All levels/all ages. Player applications available in October, free admission for spectators. 240-777-6960



## In Classes

See pages 31-60 for complete program listings.

**Youth Art and Crafts:** Master Doodlers, Cakes for Kids Part 2, Family Pottery, Kids Scrapbooking Calendar workshop, Like to Draw? Try Cartooning, Smile! Beginning Self Portraits, Try 3! Mixed Media Approaches.

**Adult Art and Crafts:** A Penchant for Art-Art Group for Women, Autumn Leaves Wreath, Digital Photography Now, Drawing on the Right side of the Brain, Found Object Sculpture, From Capture to Print-Photography, How to Take Better Digital Photos, Knit, Quilt, Cross Stitch, Pottery with Create-Pottery Class and Open Studio, Scrapbooking for Beginners, Stone Carving for Beginners.

**Youth Dance:** Anna's Dance Sampler for Teens, Anna's Dance Sampler for Kids, Expressive Dance for Youth, Improvisation/Choreography.

**Cooking:** Food and Wine Pairing I, Food and Wine Pairing II-Taste of West Coast, Food and Wine Pairing III-Taste of Australia, Oriental Wraps, Eggs, Four Ways, Really Vegetarian, That's a Wrap, All Gourmet.

**Xciting Xtras:** Non-Run-of-the-Mill Strategy Games, Powerful Presentations, Mystery Academy, Home Organization, The Press of Creativity, Hands on Science, Kensington Etiquette

**Adult Dance:** Bollywood, Modern Dance for Adults, Latin Dance-Hustle

**Instructional Spots:** Instructional Fantasy Football League, Football Fun-Duh-Mentals



# WELLNESS FEATURE

## Fall National Monthly Health Observances

### September: National Cholesterol Education Month

National Heart, Lung and Blood Institute, 301-592-8573, [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Following a "Heart Healthy Diet" (low saturated fat, low cholesterol), along with regular physical activity, can help you manage your weight, help keep your cholesterol low, and reduce your chance of developing heart disease.



### October: National Breast Cancer Awareness Month

American Cancer Society, 800-227-2345, [www.cancer.org](http://www.cancer.org)

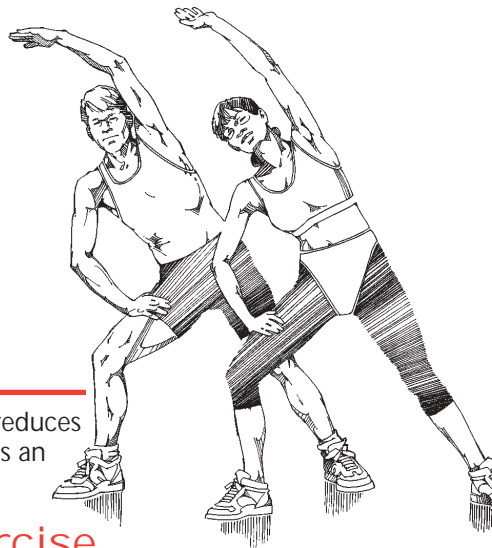
People wear a pink ribbon to honor survivors, remember those lost to the disease, and support the search for a cure.



### November: Great American Smokeout: (Third Thursday of November)

American Cancer Society, 800-227-2345, [www.cancer.org](http://www.cancer.org)

Encourages smokers to put out their cigarettes for at least one day-and perhaps for a lifetime.



## FITNESS Matters

Exercise helps us maintain stamina, reduces the incidence of disease and provides an overall better quality of life.

### Top Reasons to Exercise

- **Increase metabolism** By exercising you are raising your metabolism, which helps control weight and reduce overall body fat. By strength training you can build muscle and the more muscle you have the higher your rate of metabolism.
- **Help prevent and control Type 2 Diabetes** Regular exercising, like walking, help regulate blood sugar levels and help control weight.
- **Elevate Mood** Aerobic exercising has been shown to reduce the incidence of depression, relieve stress and improves self-esteem.
- **Maintain bone health** Weight bearing exercises, such as bicycling and weight training, can help maintain bone mass and reduce risk of osteoporosis.
- **Aid flexibility** Regular stretching after a proper warm-up or cool down will help keep the joints healthy along with reducing injuries.
- **Reduce fatigue** The more you exercise and strength train the more energy you gain.



## Focus on Childhood Obesity

In just three decades, incidences of overweight has more than doubled among children ages 2-5 and adolescent's ages 12-19 and more than tripled among youth ages 6-11. Overweight children are more likely to become overweight adults.

**We Can!** (Ways to Enhance Children's Activity and Nutrition) has engaged community sites around the country, including Montgomery County Recreation Department, to take an active role in creating healthier hometown environments that promote a healthy weight.

To learn how parents/caregivers and their children can participate in classes and activities being organized at various Montgomery County Recreation sites contact: 240-777-6826



# SENIORS - 55 AND FORWARD THINKING

Visit a Senior Center, a Neighborhood Senior Program, and/or take a SOAR Trip with us this Autumn.

Welcome to Senior Programs where you can find an exciting menu of programs, special events, trips, classes and opportunities for growth and life enhancement. Let doors open to a variety of experiences and friendships. Each program is unique.

## Senior Centers

**Damascus Senior Center \* +**  
(M-F, 9:00am-4:00pm)  
9701 Main Street, Damascus  
240-777-6995

**Gaithersburg Upcounty Senior Center \* +**  
(M-F, 9:30am-4:00pm, Tu, 9:00am-8:00pm)  
80A Bureau Drive, Gaithersburg  
301-258-6380  
Sponsored by the City of Gaithersburg with support from Montgomery County.

**Holiday Park Senior Center \* +**  
(M-F, 9:00am-4:00pm)  
3950 Ferrara Drive, Wheaton  
301-468-4448

**Long Branch Senior Center \* +**  
(M-F, 10:00am-2:00pm)  
Long Branch Community Center  
8700 Piney Branch Road, Silver Spring  
301-431-5708

**Margaret Schweinhaut Senior Center \* +**  
(M-F, 9:00am-4:00pm, Sat, 10:00am-3:00pm)  
1000 Forest Glen Road, Silver Spring  
301-681-1255

**Neighborhood Senior Programs**  
If no phone number is listed, call the Senior Programs office at 301-468-4540.

**Clara Barton Seniors (W 10:00am-2:00pm)**  
Clara Barton Community Center,  
7425 MacArthur Boulevard, Cabin John

**Bauer Drive Seniors (M 10:00am-2:00pm)**  
Bauer Drive Community Center,  
14625 Bauer Drive, Rockville

**Ross Boddy Seniors \* + (W, Th, 9:30am-2:00pm)**  
Ross Boddy Community Center,  
18529 Brooke Road, Sandy Spring  
301-570-1215

**Clarksburg Seniors**  
(W 10:00am-2:00pm)  
Clarksburg Recreation Center,  
Route 355 at 22501 Wims Road,  
Clarksburg

**Coffield Seniors**  
(W, Th, 10:00am-2:00pm)  
Coffield Community Center,  
2450 Lyttonsville Road, Silver Spring  
240-777-4900  
Wednesday Program is a partnership of the Jewish Community Center and the Department of Recreation. Lunch available for Wednesday program only, call 301-230-3751 for reservations.

**East County Seniors \* +**  
(Tu, F, 10:00am-2:00pm)  
East County Community Center,  
3310 Gateshead Manor Way, Silver Spring  
301-572-7004

**Fairland Seniors\* (Th 10:00am-2:00pm)**  
Fairland Community Recreation Center,  
14906 Old Columbia Pike, Burtonsville  
240-777-4970

**Germantown Seniors \* +**  
(M, Th, 10:00am-2:00pm)  
Germantown Community Center,  
18905 Kingsview Road, Germantown  
301-601-1685

**Evergreen Senior Program**  
(Tu, W, F, 9:00am-4:00pm)  
Germantown Community Center  
301-601-1685  
A partnership of the Chinese Culture and Community Service Center, Inc. and the Department of Recreation.

**Longwood Seniors (M 10:00am-2:00pm)**  
Longwood Community Center,  
19300 Georgia Avenue, Brookeville

**Owens Park Seniors +**  
(W, 10:00am-2:00pm)  
Owens Park Recreation Center  
19900 Beallsville Road, Beallsville  
301-428-8127

**Potomac Seniors + (Tu 10:00am-2:00pm)**  
Potomac Community Center,  
11315 Falls Road, Potomac

**Waverly House Seniors \***  
(W, Th 10:00am-2:00pm)  
Waverly House Apartments  
4521 East West Highway, Bethesda

\* Nutrition lunch program available  
+ Limited transportation available



*Volunteers provide assistance to patrons at Holiday Park Senior Center.*

## Seniors Today!

Watch *Seniors Today*, a program for and about seniors produced by the Commission on Aging.

Tune in to Cable Montgomery Channel 6 Sundays 3:30pm, Mondays 9:30am, Tuesdays 1:30pm, Wednesdays 8:30pm, Thursdays 12:30pm, Fridays 7:30pm, or Saturdays 11:30am.

## Special Activities and Events



### Margaret Schweinhaut Senior Center

**Try Us, You'll Like Us** Friday, September 2 Dr. Donald Messersmith conducts a travelogue to the South Sea Islands 11:00am Stay for lunch 12:00noon (must reserve by August 31) Brian Rudolph sings and performs in his up beat fashion 1:00pm.

**Cholesterol Screening** Wednesday, September 14 by Adventist Health Care. Call 1-800-542-5096 to register.

**Cancer Awareness Month** Tuesday, September 20, 10:30am Ivy Bazensky from Adventist Health Care gives an up to date overview.

**Join In A Dance Exercise Program** Friday, September 23, 1:00pm

**Dale Jarrett** Monday, October 3, 1:00pm, piano player/singer extraordinaire.

**33rd Anniversary Party** Friday, October 14, 1:00pm, art show, memorabilia, and entertainment.

**Flu Shots are Arriving Early November** Call 301-681-1255 for date and times.

## Holiday Park Senior Center

**Middle East Issues** Thursday, August 18 and Tuesday, August 30, 1:15pm. Lectures and discussion facilitated by Mark Croatti. Free.

**Dance Club Friday** Begins at 1:15pm. \$4.00 at the door, \$3.00 w/HPSI card. August 26, September 9, October 14 & 21, November 4. Join the Holiday Park Crowd as they swing, rumba, cha-cha, tango, boogie and more...to the sounds of Montgomery County's favorite dance music.

## Damascus Senior Center

**Damascus Train Days** Saturday, November 5. For train buffs, collectors and wantabees. In cooperation with the Library and Senior Center. Refreshments available. Demos and entertainment.

**Holiday Gift Shop** Beginning Monday November 28 open weekdays from 10:00am-4:00pm. Find that perfect gift. Hundreds of items. Many homemade. Affordable low prices. Supported by DSCSI.

**Tap Dance Class** Mondays 12:00noon. \$30 for 8 weeks. Register at front desk for new session

**Tea Dance** Every Thursday at 1:00pm. Fee \$1 members, \$2 non members.

## Long Branch Senior Center

**AARP Driver's Safety Program** Wednesday September 21 and Thursday, September 22, 9:00am-1:00pm. Many insurance companies will give a discount to older drivers who have taken this course, fee \$10.

**11th Anniversary Party** Thursday, September 29, 11:00am-2:00pm. Join us for entertainment, dancing and a special luncheon. Reservations required, fee for luncheon.

**Día de la Raza Celebration** Wednesday, October 12, 11:00am-2:00pm. Learn about our Latin American neighbors through music, dance and food. Reservation and fee required for lunch.

**Flu Shots** Tuesday, November 1, 10:00am-12:00noon. Adventist Health Care provides for those 18 years of age or older. No appointment necessary. Pay cash, check or Medicare Part B.

**Annual Thanksgiving Potluck Luncheon** Tuesday, November 22, 12:00noon. This event blends international flavors with American traditions. Bring a dessert or appetizer to share. Reservation required for lunch, fee for lunch.

**Just Do It! Exercise Opportunities** Choose activities that suit your needs, such as seated volleyball, T'ai Chi, chair exercise for arthritis, Senior Fit, Bone Builders, walking group, weight training. Most activities are free of charge. For a schedule call 301-431-5708, check our website [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec) (under Senior Programs) or consult our newsletter.

### Your Legal and Financial Puzzles Solved at *The Elderlaw Series*



**A series of six seminars addressing legal and financial issues affecting the 55+ population, running from mid-Sept. thru mid-Dec.**

At Holiday Park Senior Center  
3950 Ferrara Drive • Wheaton, Md.

#### SEMINARS WILL INCLUDE:

- How to Select an Attorney
- Reverse Mortgages
- Stay a Step Ahead of Consumer Scams
- Financial Literacy for Older Adults
- Social Security Updates
- The Basics: Wills and Estate Planning
- Prescription Plans and Medicare
- And more

Registration fee is \$25 for the entire series (six seminars) or \$5 per seminar. Registration brochures and online access will be available in early August.

**For more information, call (301) 468-4448.**

Sponsored by Montgomery County Department of Recreation's Senior Programs



**Beacon**

**HCRC-MajorCare**

The Elderlaw Series has earned national acclaim from The National Association of Counties (NACCO), National Council on Aging (NCOA), and The Maryland Association of Senior Centers (MASC).



## Start Soaring-It's the thing to do

Awaken the spirit of adventure! Specially designed day trips for the active senior age 55+. Call 301-468-4540 for trip and registration information. You must use the registration procedures in the SOAR brochure. All travel is by motorcoach unless otherwise noted.

### 131113 Walking Tour of Historic Frederick, MD Thurs. Sept. 22 and Riding/Walking Tour of Monocacy National Battlefield

Buffet lunch, included, at Golden Corral.

Fee: \$39 Leave 8:30am, Return 4:30pm

### 131114 Walking Tour of Historic Thurs. Sept. 29 Fell's Point Maritime History

A guided tour by a local historian. Lunch, on own, and time to sightsee on your own.

Fee: \$39 Leave 8:30am, Return 4:45pm



### 131116 62nd Annual Homes Tour & Crafts Fri. Oct. 7 Festival in the Village of Waterford, VA

The oldest juried craft fair in Virginia. Witness music and dance; see demonstrations of traditional craftsmanship, military reenactments, art exhibits and tours. A lot of walking on hilly terrain.

Fee: \$39 Leave 8:30am, Return 5:30pm

### 131117 Tour Manassas Battlefield with Ed Tues. Oct. 11 Bearss, Acclaimed Civil War Historian

Take a walking and riding Civil War battlefield tour. Buffet lunch (included) at a local restaurant.

Fee: \$54 Leave 8:15am, Return at 5:30pm

### 131120 Visits to Luray Caverns and Thurs. Oct. 20 Shenandoah Vineyards

One hour guided walking tour of Luray Caverns. Then, visit Shenandoah Vineyards. Please Note: There are seventy steps to descend/climb. Lunch included.

Fee: \$59 Leave 7:30am, Return at 5:30 pm

### 131122 Walking Tour of Historic Thurs. Nov. 3 Ellicott City, MD

Take a guided tour from colonial times to the present, of this 232-year old town. Buffet lunch, included, at Old Country Buffet. After lunch, a one hour guided tour of the B&O Railroad Museum.

Fee: \$39 Leave 8:30 am, Return 4:30pm

### 131124 Tour U.S. Army Thurs. Nov. 10 Ordnance Museum at Aberdeen Proving Grounds

Guided by the Museum Director, see outdoor and indoor exhibits of the world's most complete weapons systems. Lunch (on own) at the Officer's Club.

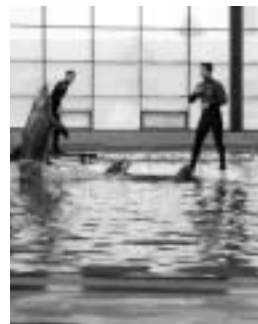
Fee: \$25 Leave 8:15 am,  
Return at 3:30 pm



### 131125 Visit duPont's Hagley Home & Museum Thurs. Nov. 17 and Winterthur Estate

Tour Hagley Museum where the duPont story begins. Enjoy a lunch, included, on premises. Then, take a guided tour of Winterthur, a duPont American country estate.

Fee: \$65 Leave 7:00 am, Return at 5:00 pm



### 131163 Visit to the National Thurs. Dec. 1 Aquarium at Baltimore

Venture into the domain of dazzling reef fish, sleek sharks, playful dolphins, rays, and thousands more. Lunch, on own, in Aquarium cafeteria or next door at the Inner Harbor.

Fee: \$35 Leave 8:15am,  
Return at 4:30pm.

### 131164 A Longwood Gardens Thurs. Dec. 8 Christmas Visit

View exquisite decorations, spectacular lights, and colorful displays. After dark, view a night blooming garden of 420,000 lights. Lunch, included, in the self-service cafe.

Fee: \$55 Leave 10:30am,  
Return at 8:30pm.



### 131165 Walking Tour of the White House in Holiday Décor in mid-December

A walking tour of the White House decorated in its Christmas splendor! Also take a tour of exhibits in the Thomas Jefferson Building of the Library of Congress. Lunch (on own) at Union Station. Date of trip and departure and return times will be announced in November when the White House sets the date and time. Subject to SOAR's request for group tour being accepted. Photo ID required for admission.

Fee: \$36

# AQUATICS PROGRAMS

The Department of Recreation operates three indoor swimming pools to serve Montgomery County residents. These pools are accessible to individuals with disabilities. Information regarding schedules and hours of operation of each pool may be obtained by using our web site or calling the facilities listed below. Swim lessons, swim teams and all other aquatic programs are available at each pool and may be registered online through our web site, or see registration information on page 66.



## **Martin Luther King, Jr. Swim Ctr 301-989-1206**

1201 Jackson Road, Silver Spring  
(off New Hampshire Ave, south of Randolph Rd)

Includes an 8-lane, 25 yard pool with movable bulkhead, allowing for separate diving area with 1- and 3-meter boards and 5-meter platform, a separate warm water teach pool with shallow water for easy access, 2 hydrotherapy pools, weight and exercise room, all purpose room, locker and shower facilities.

## **Montgomery Aquatic Center 301-468-4211**

5900 Executive Boulevard, N. Bethesda  
(between Nicholson Ln and Old Georgetown Rd)

Includes an 8-lane, L-shaped main pool, divided into two 25-meter swim areas, a warm water leisure pool, two separate hydrotherapy pools, a 10-meter diving platform and interior water slide, an exercise room, snack bar, locker and shower facilities, saunas, lighted outdoor jogging trail and enclosed racquetball courts.



## **Olney Indoor Swim Center 301-570-1210**

16601 Georgia Avenue, Olney  
(in the Olney Manor Park)

Includes an 8-lane, 25-yard pool and separate diving area with 1- and 3-meter boards, a shallow warm water free form leisure pool, two hydrotherapy pools, saunas, weight and exercise room, all purpose room and locker and shower facilities.



*Put your child in the swim of things with our lessons this Fall.*

## Swimming Instruction

Swim lessons meet once a week for 6 weeks, or twice a week for 3 weeks. Fall will offer two sessions. Fall I lessons are scheduled to begin mid-September and Fall II lessons will begin mid-October. A schedule listing dates, times and fees will be available at all pools by August 1 or see web site.

SWIM LESSONS WILL BE HELD ON ROSH HASHANAH, YOM KIPPUR, COLUMBUS DAY, VETERAN'S DAY and ELECTION DAY.

See *Swim Lessons*, beginning on page 14.

## Family Recreational Swims

Recreational and Lap Swim sessions for the entire family are available daily at each pool. Patrons have the option of paying an admission for each entry, or purchasing a Family or Individual Pool Pass. Drop by or call the pool nearest you to receive information on schedules, admission fees, and pass prices. Groups of more than 6 persons must contact the pool for advice as to when to attend a Recreational Swim period. Ask the Cashier about Punch 12 Discount Cards.

## Website Information

Information about Montgomery County Recreation Department pools is available on the Montgomery County website.

For indoor swim centers this includes schedules for general pool use, swim lessons, safety training (lifeguard training), Masters Swim Training, SwiMontgomery, Montgomery Dive Club, Water Fitness Classes, and Swim Team.

Go to a web browser and enter:

[www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)

Select the Programs link, then select the Aquatics Programs link.

Links to most schedules are listed under each pool's entry. The link to Water Fitness schedules is at the bottom of the page.

## Pool Rentals-Parties

MAC, OSC, and MLK have times available for rental by groups. Party Rooms are available for rent. Contact the pool managers for available times and fees.

## Water Fitness Classes

Water Exercise, Deep Water Running, Water Aerobics, Arthritis Exercise, Abs & Glutes, and Body Sculpting classes are offered at each indoor pool and some outdoor pools. For course descriptions, dates, days and times see below or pick up a schedule at any of our pools or call the Aquatics Office of the Recreation Department. The schedule also appears online.

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission.
- No swimming experience is necessary.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.

### Instructors:

Wellness Network: Linda Costello 301-924-3488  
[wellnet1@aol.com](mailto:wellnet1@aol.com)

Waterworks: Sally Dimsdale 301-593-1609  
[sallyswaterworks@msn.com](mailto:sallyswaterworks@msn.com)

H2O Fitness: Peggy Brower 301-603-1328  
[browsers4@aol.com](mailto:browsers4@aol.com)

### Abs & Glutes

Shallow water class with focus on Abs & Glutes. Water gloves are recommended and can be purchased at class.

#### 13 Sessions \$67.00

Instructor: Peggy Brower

132313	ML King SwC	9/12	M	10:00am-10:50am
132314	ML King SwC	9/14	W	10:00am-10:50am

### Deep Water Running & Exercise

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for crosstraining and/or rehabilitating persons requiring the cushioning of deep water. Classes given in diving well using ski belt for flotation.

#### 10 Sessions \$53.00

Instructor: Sally Dimsdale

132663	Montgomery AqC	9/10	Sa	9:30am-10:20am
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Instructor: Network, Inc Wellness

132662	Olney SwC	9/10	Sa	9:00am-9:50am
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#### 11 Session \$67.00

Instructor: Network, Inc Wellness

132654	Olney SwC	9/13	Tu	10:30am-11:20am
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#### 13 Sessions \$67.00

Instructor: Peggy Brower

132632	ML King SwC	9/12	M	1:00pm-1:50pm
132636	ML King SwC	9/13	Tu	7:30am-8:20am
132634	ML King SwC	9/14	W	1:00pm-1:50pm
132637	ML King SwC	9/15	Th	7:30am-8:20am

Instructor: Sally Dimsdale

132638	Montgomery AqC	9/12	M	8:30am-9:20am
132640	Montgomery AqC	9/12	M	1:30pm-2:20pm
132647	Montgomery AqC	9/13	Tu	7:30pm-8:20pm
132643	Montgomery AqC	9/14	W	1:30pm-2:20pm
132644	Montgomery AqC	9/15	Th	10:00am-10:50am
132648	Montgomery AqC	9/15	Th	7:30pm-8:20pm
132645	Montgomery AqC	9/16	F	8:30am-9:20am

Instructor: Network, Inc Wellness

132656	Olney SwC	9/12	M	7:00pm-7:50pm
132659	Olney SwC	9/12	M	6:30am-7:20am
132633	ML King SwC	9/13	Tu	7:00pm-7:50pm
132649	Olney SwC	9/13	Tu	8:00pm-8:50pm
132650	Olney SwC	9/13	Tu	8:30am-9:20am
132657	Olney SwC	9/14	W	7:00pm-7:50pm
132658	Olney SwC	9/14	W	1:30pm-2:20pm
132660	Olney SwC	9/14	W	6:30am-7:20am
132635	ML King SwC	9/15	Th	7:00pm-7:50pm
132651	Olney SwC	9/15	Th	8:00pm-8:50pm
132652	Olney SwC	9/15	Th	8:30am-9:20am
132655	Olney SwC	9/15	Th	10:30am-11:20am
132653	Olney SwC	9/16	F	6:00pm-6:50pm
132661	Olney SwC	9/16	F	1:30pm-2:20pm

#### 14 Sessions

\$67.00

Instructor: Sally Dimsdale

132641	Montgomery AqC	9/13	Tu	10:00am-10:50am
132642	Montgomery AqC	9/14	W	8:30am-9:20am
132646	Montgomery AqC	9/16	F	1:30pm-2:20pm



## Land-Based Instruction

### Beginner Ball & Pilates

This is a land-based Beginner Mat Pilates for ½ hour and second ½ hour beginner ball class with weights. Focus will be on core strengthening, firming abs and glutes, and stretching. Ball and Mat are needed.

#### 13 Sessions \$90.00

Instructor: Peggy Brower

132614	ML King SwC	9/13	Tu	10:00am-11:00am
132615	ML King SwC	9/15	Th	10:00am-11:00am

### Body Sculpting

A land-based class designed for cross training with water fitness classes. Focus is on Abs, Glutes, legs and upper body

#### 13 Sessions \$67.00

Instructor: Sally Dimsdale

132627	Montgomery AqC	9/13	Tu	6:30pm-7:20pm
132628	Montgomery AqC	9/15	Th	6:30pm-7:20pm
132626	Montgomery AqC	9/16	F	7:30am-8:20am

Instructor: Network, Inc Wellness

132629	Olney SwC	9/13	Tu	7:00pm-7:50pm
132630	Olney SwC	9/15	Th	7:00pm-7:50pm

### Pilates (Stretch & Strengthen)

This new class combines strengthening poses, breathing techniques and body alignment to strengthen and lengthen the muscles. It is a perfect way to increase mind-body awareness, decrease stress, and relax the spirit. Please bring mat or purchase at class for \$25.00.

#### 13 Sessions \$90.00

Instructor: Network, Inc Wellness

132775	Olney SwC	9/10	Sa	8:30am-9:30am
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### Water Aerobics

Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

**13 Sessions \$67.00**

Instructor: Peggy Brower

132776	ML King SwC	9/13	Tu	8:30am-9:20am
132777	ML King SwC	9/15	Th	8:30am-9:20am

Instructor: Sally Dimsdale

132782	Montgomery AqC	9/12	M	9:30am-10:20am
132778	Montgomery AqC	9/13	Tu	8:30am-9:20am
132780	Montgomery AqC	9/14	W	9:30am-10:20am
132779	Montgomery AqC	9/15	Th	8:30am-9:20am
132781	Montgomery AqC	9/16	F	9:30am-10:20am

Instructor: Network, Inc Wellness

132787	Olney SwC	9/12	M	1:30pm-2:20pm
132783	Olney SwC	9/13	Tu	7:00pm-7:50pm
132785	Olney SwC	9/13	Tu	9:30am-10:20am
132784	Olney SwC	9/15	Th	7:00pm-7:50pm
132786	Olney SwC	9/15	Th	9:30am-10:20am



### Water Exercise for Arthritis

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

**13 Sessions \$67.00**

Instructor: Sally Dimsdale

133136	Montgomery AqC	9/12	M	11:00am-11:50am
133137	Montgomery AqC	9/14	W	11:00am-11:50am
133138	Montgomery AqC	9/16	F	11:00am-11:50am

Instructor: Network, Inc Wellness

133139	Olney SwC	9/12	M	10:00am-10:50am
133134	ML King SwC	9/13	Tu	10:30am-11:20am
133140	Olney SwC	9/14	W	10:00am-10:50am
133135	ML King SwC	9/15	Th	10:30am-11:20am
133141	Olney SwC	9/16	F	10:00am-10:50am



### Water Exercise

Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

**13 Sessions \$67.00**

Instructor: Peggy Brower

132813	ML King SwC	9/12	M	9:00am-9:50am
132815	ML King SwC	9/14	W	9:00am-9:50am
132817	ML King SwC	9/16	F	9:00am-9:50am

Instructor: Sally Dimsdale

132819	Montgomery AqC	9/13	Tu	11:30am-12:20pm
132822	Montgomery AqC	9/13	Tu	8:30pm-9:20pm
132821	Montgomery AqC	9/15	Th	11:30am-12:20pm

Instructor: Network, Inc Wellness

132818	Montgomery AqC	9/12	M	8:30pm-9:20pm
132823	Olney SwC	9/12	M	9:00am-9:50am
132826	Olney SwC	9/12	M	8:00pm-8:50pm
132814	ML King SwC	9/13	Tu	8:00pm-8:50pm
132820	Montgomery AqC	9/14	W	8:30pm-9:20pm
132824	Olney SwC	9/14	W	9:00am-9:50am
132827	Olney SwC	9/14	W	8:00pm-8:50pm
132816	ML King SwC	9/15	Th	8:00pm-8:50pm
132825	Olney SwC	9/16	F	9:00am-9:50am

*Given up exercise because of aching joints? Water Fitness classes offer a program that's kind to your knees, feet and back.*

## Just moved to Montgomery County?

We have programs, classes, clinics and activities for all ages. Browse through the Guide... see what we have to offer!

Want to learn more? Please call our Customer Service desk at 240 777-6840.

## Competitive Programs

### Rockville Montgomery Swim Club

This year-round, United States Swimming (USAS) affiliated, age group and senior swim team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all ability and interest levels through a schedule of flexible practice times.

#### RMSC

Swimmers new to the program must attend a skill assessment and group placement evaluation at the pool of their choice the first week of practice. Coaches will assign practice groups depending on skill level. Newcomers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid in full. Entry into advanced level groups is available by coaches' invitation only. Those who participated in the program last year may register only for the group with which they practiced last year. No swimmer may change group assignment unless instructed to do so by a coach. Call the pool of your choice for additional information.

NOTE: Practice times vary throughout the week. Please call the pool of your choice for specific times.

#### Montgomery Aquatic Center

133159	Minis	\$745
133160	Juniors	\$735
133161	Advanced Juniors	\$920
133162	Seniors	\$790
113163	Advanced Seniors	\$995
133164	NDG	\$975
133165	NTG	\$1075

#### Martin Luther King Jr. Swim Center

133166	Minis	\$745
133167	Juniors	\$735
133168	Advanced Juniors	\$920
133169	Seniors	\$790
113170	Advanced Seniors	\$995
133171	NDG	\$975
133172	NTG	\$1075

#### Olney Swim Center

133173	Minis	\$745
133174	Juniors 1	\$735
133175	Juniors 2	\$790
133180	Advanced Juniors	\$920
133184	Seniors	\$790
113185	Advanced Seniors	\$995
133186	NDG	\$975
133187	NTG	\$1075



### Now Hiring Part Time Staff!

Part-time temporary work is available at the indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available. For more information, contact a facility supervisor at the indoor pool nearest you, or call the Aquatics Office at 240-777-6860.

## Developmental Swim Team Training

These programs help to provide a transition between swim lessons and swim team participation. They also provide a year-round program for the summer swim team member.

### SwiMontgomery

A developmental program for kids 12 and under who have an interest in competitive swimming and want to build a foundation of related skills. All participants and parents should attend the first class at 7pm. Students will be assigned groups and start time at the first class.

**16 Sessions** **\$150.00**

Instructor: clinics MSTC

134593 Montgomery AqC 9/27 Tu, Th 7:20pm-8:10pm

**20 Sessions** **\$150.00**

Instructor: clinics MSTC

134592 Olney SwC 9/12 M, W 7:00pm-8:20pm



### Montgomery Stroke & Turn Clinic

Montgomery Stroke & Turn Clinic (MSTC) is a Sunday evening program which runs from late October to late May. MSTC's program is designed for swimmers 5-18 years old who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength and have fun. In order to participate, swimmers MUST be able to swim 25 meters of freestyle without stopping. This program will meet for 22 sessions over a 30 week period. Schedules for each facility will be given at the first session. Registration is on-going and began July 15, 2005

**29 Sessions** **\$270.00**

Instructor: clinics MSTC

134576 Olney SwC 10/30 Su 6:00pm-7:00pm

134579 Olney SwC 10/30 Su 7:00pm-8:00pm

134587 Montgomery AqC 10/30 Su 6:00pm-6:59pm

134588 Montgomery AqC 10/30 Su 7:00pm-8:00pm

134589 Olney SwC 10/30 Su 5:00pm-6:00pm

134590 ML King SwC 10/30 Su 6:00pm-7:00pm

134591 ML King SwC 10/30 Su 7:00pm-8:00pm

## Montgomery Dive Club

(MDC) is an advanced age-group competitive diving program offered at MLK, MAC, and OSC. Divers prepare to compete in local and national level meets. An introductory level tower diving program is available at MLK while a full tower training program will be offered at MAC. Diving lessons and Masters Diving is also offered at MAC. Program flyers are available at each pool, or call MDC at 1-866-DIVE MDC or visit [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org).



*Our Competitive Swim programs offer opportunities to compete for all ages.*



## Masters Swim Training

This training is designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes are welcome. Training is offered at MLK, MAC, and OSC. For information contact Tom Denes at 301-564-4234 or [waterprfch@aol.com](mailto:waterprfch@aol.com).

### Mariners-MAC

301-468-4211

A structured workout with a professional coach. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters Swim competition.

#### Montgomery Aquatic Center

Eight Lanes

Tue/Thu	8:30-10:00pm
Fri	8:30-9:30pm
Sun	8:00-10:00am

Instructor: Premier Swim

134563	Montgomery AqC	9/11	1 day	\$80
134564	Montgomery AqC	9/11	2 days	\$120
134565	Montgomery AqC	9/11	3 days	\$160
134566	Montgomery AqC	9/11	4 days	\$205
134567	Montgomery AqC	9/11	5 days	\$245

### Mariners-MLK

301-989-1206

A structured workout with a professional coach. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters Swim competition.

#### Martin Luther King, Jr Pool

Six Lanes

Mon/Wed	8:30-10:00pm
(Weekend practices at MAC & OSC)	

Instructor: Premier Swim

134568	ML King SwC	9/11	1 day	\$80
134569	ML King SwC	9/11	2 days	\$120
134570	ML King SwC	9/11	3 days	\$160
134571	ML King SwC	9/11	4 days	\$205
134572	ML King SwC	9/11	5 days	\$245

### Mariners-OSC

301-570-1210

A structured workout with a professional coach. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters Swim competition.

#### Olney Swim Center

Four Lanes

Tue/Thu	8:30-10:00pm
Sat	7:30-9:00am

Instructor: Premier Swim

134581	Olney SwC	9/11	1 day	\$80
134582	Olney SwC	9/11	2 days	\$120
134583	Olney SwC	9/11	3 days	\$160
134584	Olney SwC	9/11	4 days	\$205
134585	Olney SwC	9/11	5 days	\$245

## Help Build Your Community: Make a Donation

Help build a better community by making a donation to Friends of Recreation (FOR). \* Your tax deductible contribution can help support a community center or other Recreation Department facility, or enable a needy child or teen to enjoy a positive recreation experience. Simply make your check out to the Montgomery Parks Foundation, and indicate how you want your gift to be used. To designate your donation, please specify in the memo section of your check as follows: either FOR General Fund or FOR (and the facility you wish to support). Send your check to: Friends of Recreation, 4010 Randolph Road, Silver Spring, MD 20902.

\*FOR is affiliated with the non-profit Montgomery Parks Foundation, a public foundation that allows citizens to make donations to the County's Parks and Recreation Programs. To learn more about FOR, call 240-777-4920 or check our webpage at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)



## Safety Training

Aquatics offers American Red Cross courses for the potential Aquatics professionals. Participants must meet all prerequisites and attend ALL sessions. Call the facility for further information.

Montgomery Aquatic Center	301-468-4211
Martin Luther King Jr Swim Center	301-989-1206
Olney Swim Center	301-570-1210



## Lifeguard Training

This course will train you to be certified in American Red Cross Lifeguard Training, CPR for Professional Rescuer and First Aid. This course includes a pre-course check, which will test the students' swimming proficiency. The successful candidate will be able to swim 500 meters (200 free, 100 breast, 200 free and/or breast), and swim 20 yards (free or breast) surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to starting position with the object. Attendance is required at ALL sessions in order to be certified. Certification for Lifeguard Training and First Aid remains current for 3 years, CPR for 1 year. Students MUST be 15 years old by the last day of the course. Proof of age is required at the first class. The cost of the course is \$100 registration fee (paid when registering) plus a \$50 book due at the first class.

<b>6 Sessions</b>				<b>\$100.00</b>
134183	Olney SwC	4/2	Su-F	2:00pm-6:00pm
134185	ML King SwC	4/4	Tu,W,Th,F,M	7:00pm-3:30pm

<b>9 Sessions</b>				<b>\$100.00</b>
134181	Montgomery AqC	3/31	F-Th	6:30pm-11:30am
134182	Montgomery AqC	3/31	F-Th	6:30pm-11:30am

<b>10 Sessions</b>				<b>\$100.00</b>
134164	Olney SwC	10/16	Su, M, W	2:00pm-10:00pm
134167	Olney SwC	1/15	Su, W	2:00pm-10:00pm
134179	Olney SwC	3/12	Su, W	2:00pm-10:00pm
134180	ML King SwC	3/20	M-Sa	7:00pm-4:00pm
134184	ML King SwC	4/3	M-Sa	7:00pm-4:00pm
134188	Olney SwC	6/18	Su, W	3:00pm-6:30pm

<b>11 Session</b>				<b>\$100.00</b>
134165	Montgomery AqC	11/11	F, Su, W	6:30pm-9:30pm
134166	Montgomery AqC	1/6	F, Su, W	6:30pm-12:00pm
134178	Montgomery AqC	3/3	F, Su, W	6:30pm-12:00pm
134186	ML King SwC	4/28	F, Sa, W	7:00pm-12:30pm
134187	Montgomery AqC	6/2	F, Su, W	6:30pm-12:00pm

<b>12 Sessions</b>				<b>\$100.00</b>
134163	ML King SwC	9/20	Tu, W, Sa	7:00pm-9:30pm

<b>13 Sessions</b>				<b>\$100.00</b>
134177	ML King SwC	1/25	W, Su	7:00pm-12:00pm

## Lifeguard Training Instructor

This course will train students to be an American Red Cross certified Lifeguard Training and CPR for the Professional Rescuer Instructor. Students MUST possess strong swimming and rescue skills. Although possession of current ARC Lifeguard Training, CPR/FPR and First Aid certifications is not required, it is strongly encouraged. The successful candidate will possess the knowledge contained in these courses. Attendance is mandatory at all sessions. Students must be at least 17 years old. The program registration fee is \$125 (due at time of registration) and a book fee of \$120 due at the first class.

<b>11 Session</b>				<b>\$125.00</b>
134193	Montgomery AqC	10/14	F, Su, W	6:30pm-12:00pm
134194	Montgomery AqC	2/3	F, Su, W	6:30pm-12:00pm
134195	Montgomery AqC	4/21	F, Su, W	6:30pm-12:00pm

## CPR/FPR Review

This course will renew your CPR/FPR (CPR for lifeguards). Students MUST have a current certification in CPR/FPR in order to participate. Students must present their current certification cards at class. Students will also need to bring their pocket mask and book (LGT). The cost of the course is \$50 registration fee (due when registering) and \$8 AP fee due at class.

<b>1 Session</b>				<b>\$50.00</b>
134205	Olney SwC	10/30	Su	6:00pm-9:30pm
134206	Olney SwC	11/25	F	2:00pm-6:00pm
134207	Olney SwC	12/28	W	6:00pm-9:30pm
134208	Olney SwC	1/11	W	6:00pm-9:30pm
134209	Olney SwC	3/5	Su	6:00pm-9:30pm
134210	Olney SwC	5/7	Su	6:00pm-9:30pm

## Review Lifeguard Training

This course will recertify CURRENT American Red Cross Lifeguards. Certification will be verified at the first class. Bring your certification cards, LGT book and pocket mask. The cost of the course is \$60 registration fee (due at time of registration) and an \$8 AP fee due at the first class.

<b>2 Sessions</b>				<b>\$60.00</b>
134211	Olney SwC	12/27	Tu, Th	5:00pm-9:30pm



## Pool Operator's Course

This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age. The student must attend all classes. Classes are held at the Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton. The second class of each session will be held at the Martin Luther King Jr. Indoor Swim Center. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. For further information call 240-777-6860.

<b>1 Session-Review</b>				<b>\$40.00</b>
133451	Montgomery Aquatic Center	5/20	Sa	10:00am-1:00pm

<b>5 Sessions</b>				<b>\$70.00</b>
133447	Holiday Park SrC	1/3	Tu, W, Th, F, Sa	7:00pm-9:30pm
133448	Holiday Park SrC	4/10	M, Tu, W, Th, F	7:00pm-9:30pm
133449	Holiday Park SrC	5/8	M, W, Th	7:00pm-9:30pm
133450	Holiday Park SrC	6/2	F, M, W	7:00pm-9:30pm

## Ways to Register



**RecWeb** Online registration at <http://recweb.montgomerycountymd.gov>. Internet users must pay their account in full. If you need additional information, call 240-777-6840.



**STARline** members may register by using our telephone automated registration system. To become a STARline member, complete the application on page 63. STARline users must pay their account in full. STARline registration number is 240-777-8277.



### Full Service in person:

Montgomery County Recreation Department  
Administrative Office  
4010 Randolph Road  
Silver Spring, MD 20902-1099

Monday-Friday, 8:30am-5:00pm

**Online registration is recommended.** Please create your family account by August 1. This will ensure that you have your account information and PIN for the registration date.

Registration will begin August 17, 2005 at 6:30am. Non-County residents registration begins August 18. No registrations will be processed before this time. See page 66 for other ways to register.

Please note the following:

- Only class participants are allowed in the pool area during classes.
- The fee covers only the lessons and no other use of the facility.
- Participants may enter the pool area only 10 minutes before the start of class.
- Lesson questions should be directed to the facility where you wish to enroll.
- Withdrawal policies will be STRICTLY followed and applies to class transfers.

## Swim Lessons

### Swimming Instruction

**Swim lessons** for all ages and swimming abilities are offered at indoor pools beginning in September. Swim lesson fees range from \$45 to \$55 depending on the level and the number of participants. Non-County residents are charged an additional \$10 fee.

**Children's Swim Lessons** for all levels and ages may be offered in two, three, or six week sessions.

**Adult Group Lessons** for all levels may be offered on weekday evenings or on weekends.

## Martin Luther King Swim Center

Phone: 301-989-1206

Swim lessons for all ages and abilities. Screening is held on Tuesdays and Thursdays from 7:00-7:30pm at the MLK Swim Center (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses meet for six 30 minute sessions. There are no classes October 8-9, November 5-6 and November 21-27.



### Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

6 Sessions				\$45.00
133422	ML King SwC	9/10	Sa	11:40am-12:10pm
133429	ML King SwC	9/13	Tu	10:10am-10:40am
133442	ML King SwC	9/13	Tu	6:30pm-7:00pm
133453	ML King SwC	10/30	Su	10:00am-10:30am
133464	ML King SwC	11/1	Tu	10:10am-10:40am
133467	ML King SwC	11/1	Tu	6:30pm-7:00pm

### Aquatots

Designed for children 18 months to 3 years. Basic water adjustment skills and simple water skills are taught. An adult in a swimsuit must accompany EACH student in the water.

6 Sessions				\$45.00
133741	ML King SwC	9/10	Sa	10:15am-10:45am
133754	ML King SwC	9/11	Su	10:00am-10:30am
133755	ML King SwC	9/11	Su	11:20am-11:50am
133756	ML King SwC	9/12	M	9:30am-10:00am
133757	ML King SwC	9/14	W	6:30pm-7:00pm
133758	ML King SwC	10/29	Sa	10:15am-10:45am
133759	ML King SwC	10/29	Sa	11:40am-12:10pm
133760	ML King SwC	10/30	Su	11:20am-11:50am
133761	ML King SwC	10/31	M	9:30am-10:00am
133762	ML King SwC	11/2	W	6:30pm-7:00pm

### Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swim suit must accompany EACH student in the water.

6 Sessions				\$45.00
133812	ML King SwC	9/10	Sa	1:00pm-1:30pm
133819	ML King SwC	9/11	Su	12:00pm-12:30pm
133820	ML King SwC	9/12	M	5:50pm-6:20pm
133821	ML King SwC	9/14	W	9:30am-10:00am
133822	ML King SwC	9/15	Th	6:30pm-7:00pm
133823	ML King SwC	10/29	Sa	1:00pm-1:30pm
133824	ML King SwC	10/30	Su	12:00pm-12:30pm
133825	ML King SwC	10/31	M	5:50pm-6:20pm
133826	ML King SwC	11/2	W	9:30am-10:00am
133827	ML King SwC	11/3	Th	6:30pm-7:00pm



### Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills.

6 Sessions				\$54.00
133828	ML King SwC	9/10	Sa	11:00am-11:30am
133829	ML King SwC	9/10	Sa	12:20pm-12:50pm
133830	ML King SwC	9/10	Sa	1:00pm-1:30pm
133831	ML King SwC	9/11	Su	10:40am-11:10am
133832	ML King SwC	9/11	Su	12:00pm-12:30pm
133833	ML King SwC	9/12	M	10:10am-10:40am
133834	ML King SwC	9/12	M	5:10pm-5:40pm
133835	ML King SwC	9/12	M	6:30pm-7:00pm
133836	ML King SwC	9/13	Tu	5:10pm-5:40pm
133837	ML King SwC	9/14	W	5:10pm-5:40pm
133838	ML King SwC	9/15	Th	9:30am-10:00am
133839	ML King SwC	9/15	Th	5:50pm-6:20pm
133840	ML King SwC	10/29	Sa	12:20pm-12:50pm
133841	ML King SwC	10/29	Sa	1:00pm-1:30pm
133842	ML King SwC	10/30	Su	10:40am-11:10am
133843	ML King SwC	10/30	Su	12:00pm-12:30pm
133844	ML King SwC	10/31	M	10:10am-10:40am
133845	ML King SwC	10/31	M	6:30pm-7:00pm
133846	ML King SwC	11/2	W	10:10am-10:40am
133847	ML King SwC	11/2	W	5:50pm-6:20pm
133848	ML King SwC	11/3	Th	5:10pm-5:40pm

### Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

6 Sessions				\$52.00
133849	ML King SwC	9/10	Sa	10:15am-10:45am
133850	ML King SwC	9/10	Sa	11:00am-11:30am
133851	ML King SwC	9/10	Sa	11:40am-12:10pm
133852	ML King SwC	9/10	Sa	12:20pm-12:50pm
133853	ML King SwC	9/11	Su	10:00am-10:30am
133854	ML King SwC	9/11	Su	12:00pm-12:30pm
133855	ML King SwC	9/12	M	6:30pm-7:00pm
133856	ML King SwC	9/13	Tu	9:30am-10:00am
133857	ML King SwC	9/13	Tu	5:50pm-6:20pm
133858	ML King SwC	9/13	Tu	6:30pm-7:00pm
133859	ML King SwC	9/14	W	5:50pm-6:20pm
133860	ML King SwC	9/15	Th	10:10am-10:40am
133861	ML King SwC	9/15	Th	5:10pm-5:40pm
133863	ML King SwC	10/29	Sa	11:00am-11:30am
133864	ML King SwC	10/29	Sa	11:40am-12:10pm
133865	ML King SwC	10/30	Su	10:00am-10:30am
133866	ML King SwC	10/30	Su	11:20am-11:50am
133867	ML King SwC	10/30	Su	12:00pm-12:30pm
133868	ML King SwC	10/31	M	5:10pm-5:40pm
133869	ML King SwC	10/31	M	6:30pm-7:00pm
133870	ML King SwC	11/1	Tu	5:10pm-5:40pm
133871	ML King SwC	11/1	Tu	6:30pm-7:00pm
133872	ML King SwC	11/2	W	5:50pm-6:20pm
133873	ML King SwC	11/3	Th	9:30am-10:00am
133874	ML King SwC	11/3	Th	5:50pm-6:20pm

### Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

6 Sessions				\$52.00
133875	ML King SwC	9/10	Sa	10:15am-10:45am
133876	ML King SwC	9/10	Sa	1:00pm-1:30pm
133877	ML King SwC	9/11	Su	10:40am-11:10am
133878	ML King SwC	9/11	Su	11:20am-11:50am
133879	ML King SwC	9/12	M	5:50pm-6:20pm
133880	ML King SwC	9/14	W	10:10am-10:40am
133881	ML King SwC	9/14	W	6:30pm-7:00pm
133882	ML King SwC	9/15	Th	6:30pm-7:00pm
133883	ML King SwC	9/15	Th	7:10pm-7:40pm
133884	ML King SwC	10/29	Sa	11:00am-11:30am
133885	ML King SwC	10/29	Sa	12:20pm-12:50pm
133886	ML King SwC	10/30	Su	10:00am-10:30am
133887	ML King SwC	10/30	Su	10:40am-11:10am
133888	ML King SwC	10/31	M	5:50pm-6:20pm
133889	ML King SwC	11/1	Tu	9:30am-10:00am
133890	ML King SwC	11/1	Tu	5:50pm-6:20pm
133891	ML King SwC	11/2	W	6:30pm-7:00pm
133892	ML King SwC	11/3	Th	10:10am-10:40am
133893	ML King SwC	11/3	Th	6:30pm-7:00pm
133894	ML King SwC	11/3	Th	7:10pm-7:40pm

*Youth swimming classes teach basic water skills and are lots of fun.*



**Tip for a Healthier Life:**

Exercise at least 30 minutes every day.



### Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

6 Sessions					\$52.00
133963	ML King SwC	9/10	Sa	11:40am-12:10pm	
133964	ML King SwC	9/11	Su	11:20am-11:50am	
133965	ML King SwC	9/13	Tu	7:10pm-7:40pm	
133966	ML King SwC	10/29	Sa	10:15am-10:45am	
133967	ML King SwC	10/30	Su	11:20am-11:50am	
133968	ML King SwC	11/1	Tu	7:10pm-7:40pm	

### Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ feet and deeper). This class is for students who need to learn basic water adjustment skills.

6 Sessions					\$47.00
133969	ML King SwC	9/10	Sa	10:15am-10:45am	
133970	ML King SwC	9/10	Sa	11:40am-12:10pm	
133971	ML King SwC	9/10	Sa	12:20pm-12:50pm	
133972	ML King SwC	9/11	Su	10:40am-11:10am	
134013	ML King SwC	9/11	Su	12:00pm-12:30pm	
134014	ML King SwC	9/13	Tu	5:50pm-6:20pm	
134015	ML King SwC	9/13	Tu	7:10pm-7:40pm	
134016	ML King SwC	9/14	W	5:50pm-6:20pm	
134017	ML King SwC	10/30	Su	10:40am-11:10am	
134018	ML King SwC	11/2	W	5:10pm-5:40pm	
134019	ML King SwC	11/3	Th	5:50pm-6:20pm	
134020	ML King SwC	11/3	Th	7:50pm-8:20pm	

### Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ feet and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

6 Sessions					\$45.00
134021	ML King SwC	9/10	Sa	11:40am-12:10pm	
134022	ML King SwC	9/11	Su	10:00am-10:30am	
134023	ML King SwC	9/11	Su	11:20am-11:50am	
134024	ML King SwC	9/13	Tu	7:50pm-8:20pm	
134025	ML King SwC	10/29	Sa	11:40am-12:10pm	
134026	ML King SwC	10/29	Sa	1:00pm-1:30pm	
134027	ML King SwC	10/30	Su	11:20am-12:10pm	
134028	ML King SwC	11/1	Tu	7:50pm-8:20pm	



### Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ feet and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

6 Sessions					\$45.00
134029	ML King SwC	9/10	Sa	12:20pm-1:10pm	
134030	ML King SwC	9/11	Su	10:00am-10:30am	
134031	ML King SwC	9/15	Th	7:50pm-8:20pm	
134032	ML King SwC	10/29	Sa	10:15am-10:45am	
134033	ML King SwC	10/29	Sa	12:20pm-1:10pm	
134034	ML King SwC	10/30	Su	12:00pm-12:30pm	
134035	ML King SwC	11/1	Tu	7:50pm-8:20pm	

### Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ feet and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water.

6 Sessions					\$45.00
134036	ML King SwC	9/10	Sa	12:20pm-1:10pm	
134037	ML King SwC	9/11	Su	10:40am-11:10am	
134038	ML King SwC	9/15	Th	7:50pm-8:20pm	
134039	ML King SwC	10/29	Sa	11:00am-11:30am	
134040	ML King SwC	10/29	Sa	12:20pm-1:10pm	
134041	ML King SwC	10/30	Su	10:00am-10:30am	
134042	ML King SwC	11/3	Th	7:50pm-8:20pm	

### Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ feet and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke.



### Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ feet and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

6 Sessions					\$47.00
134317	ML King SwC	9/10	Sa	11:00am-11:30am	
134318	ML King SwC	9/10	Sa	1:00pm-1:30pm	
134319	ML King SwC	9/11	Su	10:40am-11:10am	
134320	ML King SwC	9/11	Su	11:20am-11:50am	
134321	ML King SwC	9/13	Tu	7:50pm-8:20pm	
134322	ML King SwC	9/15	Th	5:50pm-6:20pm	
134323	ML King SwC	10/29	Sa	11:40am-12:10pm	
134324	ML King SwC	10/30	Su	11:20am-11:50am	
134325	ML King SwC	11/1	Tu	5:50pm-6:20pm	
134326	ML King SwC	11/1	Tu	7:10pm-7:40pm	

*Your child continues to learn basic water skills and water safety in our swim lesson series.*

<b>6 Sessions</b>				<b>\$45.00</b>
134043	ML King SwC	9/10	Sa	1:00pm-1:30pm
134044	ML King SwC	9/15	Th	7:10pm-7:40pm
134045	ML King SwC	10/29	Sa	1:00pm-1:30pm
134046	ML King SwC	10/30	Su	10:40am-11:10am
134047	ML King SwC	11/3	Th	7:10pm-7:40pm

### Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught.

<b>6 Sessions</b>				<b>\$54.00</b>
133335	ML King SwC	9/10	Sa	11:00am-11:30am
133338	ML King SwC	9/11	Su	10:00am-10:30am
133347	ML King SwC	9/12	M	8:30pm-9:00pm
133348	ML King SwC	10/30	Su	10:00am-10:30am
133352	ML King SwC	10/30	Su	12:00pm-12:30pm
133353	ML King SwC	10/31	M	8:30pm-9:00pm

### Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

<b>6 Sessions</b>				<b>\$52.00</b>
133365	ML King SwC	9/10	Sa	10:15am-10:45am
133368	ML King SwC	9/11	Su	12:00pm-12:30pm
133371	ML King SwC	9/13	Tu	8:30pm-9:00pm
133376	ML King SwC	10/29	Sa	10:15am-10:45am
133379	ML King SwC	10/30	Su	10:15am-10:45am
133384	ML King SwC	11/1	Tu	8:30pm-9:00pm

### Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

<b>6 Sessions</b>				<b>\$52.00</b>
133406	ML King SwC	9/10	Sa	11:00am-11:30am
133409	ML King SwC	9/15	Th	8:30pm-9:00pm
133414	ML King SwC	10/29	Sa	11:00am-11:30am
133423	ML King SwC	11/3	Th	8:30pm-9:00pm



### Adult-Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

<b>6 Sessions</b>				<b>\$52.00</b>
133452	ML King SwC	9/14	W	8:30pm-9:00pm
133454	ML King SwC	11/2	W	8:30pm-9:00pm

## Montgomery Aquatic Center

**Phone: 301-468-4211**

Swim lessons for all ages and abilities. Screening is available to evaluate students abilities. Please call 301-468-4211 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses meet for six 30 minute sessions. There will be no classes from November 23-27. See page 14 for registration information.

### Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

<b>6 Sessions</b>				<b>\$45.00</b>
133470	Montgomery AqC	9/12	M	9:00am-9:30am
133472	Montgomery AqC	9/15	Th	9:00am-9:30am
133462	Montgomery AqC	9/17	Sa	10:20am-10:50am
133463	Montgomery AqC	9/17	Sa	11:40am-12:10pm
133468	Montgomery AqC	9/18	Su	9:40am-10:10am
133469	Montgomery AqC	9/18	Su	11:40am-12:10pm
133478	Montgomery AqC	10/24	M	9:00am-9:30am
133479	Montgomery AqC	10/27	Th	9:00am-9:30am
133473	Montgomery AqC	10/29	Sa	10:20am-10:50am
133474	Montgomery AqC	10/29	Sa	11:40am-12:10pm
133475	Montgomery AqC	10/30	Su	9:40am-10:10am
133476	Montgomery AqC	10/30	Su	11:40am-12:10pm

### Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

<b>6 Sessions</b>				<b>\$45.00</b>
133416	Montgomery AqC	9/12	M	10:00am-10:30am
133417	Montgomery AqC	9/13	Tu	9:00am-9:30am
133418	Montgomery AqC	9/13	Tu	10:00am-10:30am
133420	Montgomery AqC	9/14	W	9:00am-9:30am
133421	Montgomery AqC	9/14	W	6:10pm-6:40pm
133424	Montgomery AqC	9/15	Th	10:00am-10:30am
133425	Montgomery AqC	9/15	Th	5:30pm-6:00pm
133426	Montgomery AqC	9/16	F	9:00am-9:30am
133411	Montgomery AqC	9/17	Sa	9:00am-9:30am
133412	Montgomery AqC	9/17	Sa	12:20pm-12:50pm
133413	Montgomery AqC	9/18	Su	9:00am-9:30am
133415	Montgomery AqC	9/18	Su	11:00am-11:30am
133435	Montgomery AqC	10/24	M	10:00am-10:30am
133436	Montgomery AqC	10/25	Tu	9:00am-9:30am
133437	Montgomery AqC	10/25	Tu	10:00am-10:30am
133439	Montgomery AqC	10/26	W	9:00am-9:30am
133440	Montgomery AqC	10/26	W	6:10pm-6:40pm
133441	Montgomery AqC	10/27	Th	10:00am-10:30am
133443	Montgomery AqC	10/27	Th	5:30pm-6:00pm
133444	Montgomery AqC	10/28	F	9:00am-9:30am
133428	Montgomery AqC	10/29	Sa	9:00am-9:30am
133430	Montgomery AqC	10/29	Sa	12:20pm-12:50pm
133433	Montgomery AqC	10/30	Su	9:00am-9:30am
133434	Montgomery AqC	10/30	Su	11:00am-11:30am



*Each swim lesson series gradually and safely introduces your child to the water.*



### Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water.

6 Sessions		\$45.00		
133489	Montgomery AqC	9/13	Tu, Th	3:30pm-4:00pm
133491	Montgomery AqC	9/13	Tu	6:10pm-6:40pm
133492	Montgomery AqC	9/15	Th	9:30am-10:00am
133483	Montgomery AqC	9/17	Sa	11:00am-11:30am
133484	Montgomery AqC	9/17	Sa	1:00pm-1:30pm
133486	Montgomery AqC	9/18	Su	10:20am-10:50am
133487	Montgomery AqC	9/18	Su	11:40am-12:10pm
133499	Montgomery AqC	10/25	Tu, Th	3:30pm-4:00pm
133501	Montgomery AqC	10/25	Tu	6:10pm-6:40pm
133502	Montgomery AqC	10/27	Th	9:30am-10:00am
133493	Montgomery AqC	10/29	Sa	11:00am-11:30am
133494	Montgomery AqC	10/29	Sa	1:00pm-1:30pm
133497	Montgomery AqC	10/30	Su	10:20am-10:50am
133498	Montgomery AqC	10/30	Su	11:40am-12:10pm

### Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills.

6 Sessions		\$54.00		
134056	Montgomery AqC	9/12	M	9:30am-10:00am
134057	Montgomery AqC	9/12	M	6:10pm-6:40pm
134058	Montgomery AqC	9/13	Tu	2:30pm-3:00pm
134059	Montgomery AqC	9/13	Tu	6:10pm-6:40pm
134060	Montgomery AqC	9/13	Tu, Th	4:50pm-5:20pm
134062	Montgomery AqC	9/14	W	9:30am-10:00am
134063	Montgomery AqC	9/15	Th	5:30pm-6:00pm
134064	Montgomery AqC	9/16	F	10:00am-10:30am
134048	Montgomery AqC	9/17	Sa	9:00am-9:30am
134049	Montgomery AqC	9/17	Sa	9:40am-10:10am
134050	Montgomery AqC	9/17	Sa	10:20am-10:50am
134051	Montgomery AqC	9/17	Sa	1:00pm-1:30pm
134052	Montgomery AqC	9/18	Su	9:00am-9:30am
134053	Montgomery AqC	9/18	Su	10:20am-10:50am
134054	Montgomery AqC	9/18	Su	12:20pm-12:50pm
134055	Montgomery AqC	9/18	Su	1:00pm-1:30pm
134061	Montgomery AqC	10/4	Tu, Th	3:30pm-4:00pm
134073	Montgomery AqC	10/24	M	9:30am-10:00am
134074	Montgomery AqC	10/24	M	6:10pm-6:40pm
134075	Montgomery AqC	10/25	Tu	2:30pm-3:00pm
134076	Montgomery AqC	10/25	Tu	6:10pm-6:40pm
134077	Montgomery AqC	10/25	Tu, Th	4:50pm-5:20pm
134079	Montgomery AqC	10/26	W	9:30am-10:00am
134080	Montgomery AqC	10/27	Th	5:30pm-6:00pm
134081	Montgomery AqC	10/28	F	10:00am-10:30am

134065	Montgomery AqC	10/29	Sa	9:00am-9:30am
134066	Montgomery AqC	10/29	Sa	9:40am-10:10am
134067	Montgomery AqC	10/29	Sa	10:20am-10:50am
134068	Montgomery AqC	10/29	Sa	1:00pm-1:30pm
134069	Montgomery AqC	10/30	Su	9:00am-9:30am
134070	Montgomery AqC	10/30	Su	10:20am-10:50am
134071	Montgomery AqC	10/30	Su	12:20pm-12:50pm
134072	Montgomery AqC	10/30	Su	1:00pm-1:30pm
134078	Montgomery AqC	11/15	Tu, Th	3:30pm-4:00pm

### Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

6 Sessions		\$52.00		
134090	Montgomery AqC	9/12	M	5:30pm-6:00pm
134091	Montgomery AqC	9/13	Tu	9:30am-10:00am
134092	Montgomery AqC	9/13	Tu	5:30pm-6:00pm
134093	Montgomery AqC	9/14	W	5:30pm-6:00pm
134094	Montgomery AqC	9/15	Th	2:30pm-3:00pm
134095	Montgomery AqC	9/16	F	9:30am-10:00am
134082	Montgomery AqC	9/17	Sa	9:00am-9:30am
134083	Montgomery AqC	9/17	Sa	9:40am-10:10am
134084	Montgomery AqC	9/17	Sa	11:40am-12:10pm
134085	Montgomery AqC	9/17	Sa	12:20pm-12:50pm
134086	Montgomery AqC	9/18	Su	9:00am-9:30am
134087	Montgomery AqC	9/18	Su	9:40am-10:10am
134088	Montgomery AqC	9/18	Su	11:40am-12:10pm
134089	Montgomery AqC	9/18	Su	12:20pm-12:50pm
134096	Montgomery AqC	10/4	Tu, Th	4:10pm-4:40pm
134105	Montgomery AqC	10/24	M	5:30pm-6:00pm
134106	Montgomery AqC	10/25	Tu	9:30am-10:00am
134107	Montgomery AqC	10/25	Tu	5:30pm-6:00pm
134108	Montgomery AqC	10/26	W	5:30pm-6:00pm
134109	Montgomery AqC	10/27	Th	2:30pm-3:00pm
134110	Montgomery AqC	10/28	F	9:30am-10:00am
134097	Montgomery AqC	10/29	Sa	9:00am-9:30am
134098	Montgomery AqC	10/29	Sa	9:40am-10:10am
134099	Montgomery AqC	10/29	Sa	11:40am-12:10pm
134100	Montgomery AqC	10/29	Sa	12:20pm-12:50pm
134101	Montgomery AqC	10/30	Su	9:00am-9:30am
134102	Montgomery AqC	10/30	Su	9:40am-10:10am
134103	Montgomery AqC	10/30	Su, Sa	11:40am-12:10pm
134104	Montgomery AqC	10/30	Su	12:20pm-12:50pm
134111	Montgomery AqC	11/15	Tu, Th	4:10pm-4:40pm



### Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

6 Sessions		\$52.00		
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*Your child's safety in the pool is our highest priority.*



134119	Montgomery AqC	9/12	M	5:30pm-6:00pm
134120	Montgomery AqC	9/13	Tu, Th	4:10pm-4:50pm
134121	Montgomery AqC	9/14	W	5:30pm-6:00pm
134122	Montgomery AqC	9/14	W	6:10pm-6:40pm
134123	Montgomery AqC	9/15	Th	10:30am-11:00am
134124	Montgomery AqC	9/15	Th	6:10pm-6:40pm
134112	Montgomery AqC	9/17	Sa	11:00am-11:30am
134113	Montgomery AqC	9/17	Sa	11:40am-12:10pm
134114	Montgomery AqC	9/17	Sa	1:00pm-1:30pm
134115	Montgomery AqC	9/18	Su	9:40am-10:10am
134116	Montgomery AqC	9/18	Su	10:20am-10:50am
134117	Montgomery AqC	9/18	Su	11:00am-11:30am
134118	Montgomery AqC	9/18	Su	1:00pm-1:30pm
134133	Montgomery AqC	10/24	M	5:30pm-6:00pm
134134	Montgomery AqC	10/25	Tu, Th	4:10pm-4:40pm
134135	Montgomery AqC	10/26	W	5:30pm-6:00pm
134136	Montgomery AqC	10/26	W	6:10pm-6:40pm
134137	Montgomery AqC	10/27	Th	10:30am-11:00am
134138	Montgomery AqC	10/27	Th	6:10pm-6:40pm
134126	Montgomery AqC	10/29	Sa	11:00am-11:30am
134127	Montgomery AqC	10/29	Sa	11:40am-12:10pm
134128	Montgomery AqC	10/29	Sa	1:00pm-1:30pm
134129	Montgomery AqC	10/30	Su	9:40am-10:10am
134130	Montgomery AqC	10/30	Su	10:20am-10:50am
134131	Montgomery AqC	10/30	Su	11:00am-11:30am
134132	Montgomery AqC	10/30	Su	1:00pm-1:30pm
134139	Montgomery AqC	11/15	Tu, Th	4:50pm-5:20pm
<b>12 Sessions \$52.00</b>				
134125	Montgomery AqC	10/4	Tu, Th	4:50pm-5:20pm



### Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water.

<b>6 Sessions \$52.00</b>				
134144	Montgomery AqC	9/15	Th	6:10pm-6:40pm
134140	Montgomery AqC	9/17	Sa	11:00am-11:30am
134141	Montgomery AqC	9/17	Sa	12:20pm-12:50pm
134142	Montgomery AqC	9/18	Su	11:00am-11:30am
134143	Montgomery AqC	9/18	Su	11:40am-12:10pm
134149	Montgomery AqC	10/27	Th	6:10pm-6:40pm
134145	Montgomery AqC	10/29	Sa	11:00am-11:30am
134146	Montgomery AqC	10/29	Sa	12:20pm-12:50pm
134147	Montgomery AqC	10/30	Su	11:00am-11:30am
134148	Montgomery AqC	10/30	Su	11:40am-12:10pm

### Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ feet and deeper). This class is for students who need to learn basic water adjustment skills.

<b>6 Sessions \$52.00</b>				
133782	Montgomery AqC	9/12	M	6:10pm-6:40pm
133780	Montgomery AqC	9/17	Sa	1:00pm-1:30pm
133781	Montgomery AqC	9/18	Su	9:40am-10:10am
133788	Montgomery AqC	10/24	M	6:10pm-6:40pm
133786	Montgomery AqC	10/29	Sa	1:00pm-1:30pm
133787	Montgomery AqC	10/30	Su	9:40am-10:10am

### Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ feet and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

<b>6 Sessions \$47.00</b>				
133796	Montgomery AqC	9/13	Tu	5:30pm-6:00pm
133791	Montgomery AqC	9/17	Sa	10:20am-10:50am
133792	Montgomery AqC	9/17	Sa	12:20pm-12:50pm
133793	Montgomery AqC	9/18	Su	11:40am-12:10pm
133794	Montgomery AqC	9/18	Su	12:20pm-12:50pm
133801	Montgomery AqC	10/25	Tu	5:30pm-6:00pm
133797	Montgomery AqC	10/29	Sa	10:20am-10:50am
133798	Montgomery AqC	10/29	Sa	12:20pm-12:50pm
133799	Montgomery AqC	10/30	Su	11:40am-12:10pm
133800	Montgomery AqC	10/30	Su	12:20pm-12:50pm

### Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ feet and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

<b>6 Sessions \$45.00</b>				
133802	Montgomery AqC	9/17	Sa	9:40am-10:10am
133803	Montgomery AqC	9/17	Sa	11:00am-11:30am
133804	Montgomery AqC	9/17	Sa	11:40am-12:10pm
133805	Montgomery AqC	9/18	Su	10:20am-10:50am
133806	Montgomery AqC	9/18	Su	11:00am-11:30am
133807	Montgomery AqC	10/29	Sa	9:40am-10:10am
133808	Montgomery AqC	10/29	Sa	11:00am-11:30am
133809	Montgomery AqC	10/29	Sa	11:40am-12:10pm
133810	Montgomery AqC	10/30	Su	10:20am-10:50am
133811	Montgomery AqC	10/30	Su	11:00am-11:30am



*Whether your child is a beginning swimmer or more advanced, we offer youth swim lessons for every level.*

### Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ feet and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

<b>6 Sessions \$45.00</b>				
133913	Montgomery AqC	9/17	Sa	11:40am-12:10pm

133914	Montgomery AqC	9/18	Su	11:00am-11:30am
133915	Montgomery AqC	9/18	Su	12:20pm-12:50pm
133916	Montgomery AqC	9/18	Su	1:00pm-1:30pm
133917	Montgomery AqC	10/29	Sa	11:40am-12:10pm
133918	Montgomery AqC	10/30	Su	11:00am-11:30am
133919	Montgomery AqC	10/30	Su	12:20pm-12:50pm
133920	Montgomery AqC	10/30	Su	1:00pm-1:30pm

**Youth-Level 5**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ feet and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water.

**6 Sessions \$45.00**

133921	Montgomery AqC	9/17	Sa	1:00pm-1:30pm
133922	Montgomery AqC	9/18	Su	1:00pm-1:30pm
133923	Montgomery AqC	10/29	Sa	1:00pm-1:30pm
133924	Montgomery AqC	10/30	Su	1:00pm-1:30pm

**Youth-Level 6**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ feet and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke.

**6 Sessions \$45.00**

133925	Montgomery AqC	9/17	Sa	12:20pm-12:50pm
133926	Montgomery AqC	9/18	Su	12:20pm-12:50pm
133927	Montgomery AqC	10/29	Sa	12:20pm-12:50pm
133928	Montgomery AqC	10/30	Su	12:20pm-12:50pm

**Adult-Level 1**

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught.

**6 Sessions \$54.00**

133356	Montgomery AqC	9/15	Th	8:30pm-9:00pm
133357	Montgomery AqC	9/17	Sa	11:00am-11:30am
133358	Montgomery AqC	9/18	Su	10:20am-10:50am
133359	Montgomery AqC	10/27	Th	8:30pm-9:00pm
133360	Montgomery AqC	10/29	Sa	11:00am-11:30am
133361	Montgomery AqC	10/30	Su	10:20am-10:50am

**Adult-Level 2**

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. XX. Curses meet for six 30 minute sessions.

**6 Sessions \$52.00**

133364	Montgomery AqC	9/17	Sa	10:20am-10:50am
133366	Montgomery AqC	10/29	Sa	10:20am-10:50am

**Adult-Level 3**

Designed for teenagers and adults (14 years and older) who can already swim a combine stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

**6 Sessions \$52.00**

133373	Montgomery AqC	9/17	Sa	9:40am-10:10am
133374	Montgomery AqC	10/29	Sa	9:40am-10:10am

**Adult-Level 4**

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across width of the pool) and are comfortable in deep water.

**6 Sessions \$52.00**

133383	Montgomery AqC	9/13	Tu	8:30pm-9:00pm
133380	Montgomery AqC	9/18	Su	11:40am-12:10pm
133386	Montgomery AqC	10/25	Tu	8:30pm-9:00pm
133385	Montgomery AqC	10/30	Su	11:40am-12:10pm

**Adult-Level 5**

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water.

**6 Sessions \$52.00**

133389	Montgomery AqC	9/14	W	8:30pm-9:00pm
133390	Montgomery AqC	10/26	W	8:30pm-9:00pm

**Adult-Swim for Condi.1**

Designed for teenagers and adults (14 years and older) who can swim 25 yards of freestyle, backstroke, breaststroke. Students will further refine technical skills and learn to develop their own conditioning program.

**6 Sessions \$52.00**

133395	Montgomery AqC	9/12	M	8:30pm-9:00pm
133397	Montgomery AqC	10/24	M	8:30pm-9:00pm

**Adult-Swim for Condi.2**

Designed for teenagers and adults (14 years and older) who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Students must be deep water adjusted as this class will be held in deep water.

**6 Sessions \$52.00**

133399	Montgomery AqC	9/12	M	8:30pm-9:00pm
133401	Montgomery AqC	10/24	M	8:30pm-9:00pm

**Adapted Aquatics**

This is a learn-to-swim program for children ages 4 to 15 who have special needs. These classes are taught in a small group environment. Each child will have an assigned volunteer with them at all times. All participants must fill out and sign the information and release form at the first class. Students will not be able to participate until this form is on file. Students are allowed to be registered for ONLY one (1) class per session.

**6 Sessions \$55.00**

133341	Montgomery AqC	9/17	Sa	9:45am-10:25am
133342	Montgomery AqC	9/17	Sa	10:35am-11:15am
133343	Montgomery AqC	10/29	Sa	10:35am-11:15am
133345	Montgomery AqC	10/29	Sa	9:45am-10:25am

*Fearful of  
the water?  
Our Level 1  
Adult Swim  
Lesson is just  
for you.*

## Olney Swim Center

Phone: 301-570-1210

Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-570-1210 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30 minute sessions. There will be no classes from November 21-27. See page 14 for registration information.



### Waterbabies

Designed for children 6 months-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

6 Sessions				\$45.00	
133355	Olney SwC	9/10	Sa	11:20am-11:50am	
133375	Olney SwC	9/11	Su	10:50am-11:20am	
133362	Olney SwC	9/13	Tu	9:40am-10:10am	
133363	Olney SwC	10/29	Sa	11:20am-11:50am	
133367	Olney SwC	10/30	Su	10:50am-11:20am	
133370	Olney SwC	11/1	Tu	10:15am-10:45am	

### Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills and simple water skills are taught. An adult in a swimsuit must accompany EACH student in the water. Swim lessons for all ages and abilities.

6 Sessions				\$45.00	
133369	Olney SwC	9/10	Sa	10:40am-11:10am	
133372	Olney SwC	9/10	Sa	12:00am-12:30pm	
133377	Olney SwC	9/11	Su	11:30am-12:00pm	
133378	Olney SwC	9/13	Tu	10:15am-10:45am	
133381	Olney SwC	9/13	Tu	6:05pm-6:35pm	
133382	Olney SwC	9/15	Th	9:40am-10:10am	
133446	Olney SwC	9/15	Th	6:40pm-7:10pm	
133445	Olney SwC	10/24	M, W	6:15pm-6:45pm	
133387	Olney SwC	10/29	Sa	10:40am-11:10am	
133393	Olney SwC	10/30	Su	10:10am-10:40am	
133400	Olney SwC	10/30	Su	11:30am-12:00pm	
133404	Olney SwC	11/1	Tu	9:40am-10:10am	
133407	Olney SwC	11/1	Tu	6:05pm-6:35pm	
133431	Olney SwC	11/3	Th	10:15am-10:45am	

### Pre-School

For children 3-5 years old. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Swim lessons for all ages and abilities.

6 Sessions				\$45.00	
133388	Olney SwC	9/10	Sa	10:00am-10:30am	
133391	Olney SwC	9/10	Sa	1:20pm-1:50pm	
133392	Olney SwC	9/11	Su	9:30am-10:00am	
133394	Olney SwC	9/11	Su	10:10am-10:40am	
133396	Olney SwC	9/13	Tu	6:40pm-7:10pm	
133398	Olney SwC	9/15	Th	10:15am-10:45am	
133402	Olney SwC	9/15	Th	6:05pm-6:35pm	
133403	Olney SwC	9/26	M, W	6:25pm-6:55pm	
133405	Olney SwC	10/29	Sa	10:00am-10:30am	
133408	Olney SwC	10/29	Sa	12:40pm-1:10pm	
133410	Olney SwC	10/30	Su	9:30am-10:00am	
133419	Olney SwC	11/1	Tu	6:40pm-7:10pm	
133427	Olney SwC	11/3	Th	9:40am-11:10am	
133432	Olney SwC	11/3	Th	6:05pm-6:35pm	
133438	Olney SwC	11/28	M, W	6:25pm-6:55pm	

### Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Swim lessons for all ages and abilities.

6 Sessions				\$54.00	
133455	Olney SwC	9/10	Sa	10:00am-10:30am	
133461	Olney SwC	9/10	Sa	10:40am-11:10am	
133465	Olney SwC	9/10	Sa	11:20am-11:50am	
133466	Olney SwC	9/10	Sa	12:00pm-12:30pm	
133471	Olney SwC	9/10	Sa	12:00pm-12:30pm	
133477	Olney SwC	9/10	Sa	12:40pm-1:10pm	
133480	Olney SwC	9/10	Sa	1:20pm-1:50pm	
133481	Olney SwC	9/11	Su	9:30am-10:00am	
133482	Olney SwC	9/11	Su	9:30am-10:00am	
133485	Olney SwC	9/11	Su	10:10am-10:50am	
133488	Olney SwC	9/11	Su	10:50am-11:20am	
133490	Olney SwC	9/11	Su	11:30am-12:00pm	
133495	Olney SwC	9/11	Su	11:30am-12:00pm	
133496	Olney SwC	9/13	Tu	9:40am-10:10am	
133500	Olney SwC	9/13	Tu	6:05pm-6:35pm	
133504	Olney SwC	9/13	Tu	6:40pm-7:10pm	
133505	Olney SwC	9/15	Th	9:40am-10:10am	
133506	Olney SwC	9/15	Th	6:05pm-6:35pm	
133508	Olney SwC	9/15	Th	6:40pm-7:10pm	
133510	Olney SwC	9/26	M, W	6:25pm-6:55pm	
133511	Olney SwC	9/26	M, W	6:25pm-6:55pm	
133512	Olney SwC	9/26	M, W	7:05pm-7:35pm	
133546	Olney SwC	10/24	M, W	6:25pm-6:55pm	
133547	Olney SwC	10/24	M, W	6:25pm-6:55pm	
133548	Olney SwC	10/24	M, W	7:05pm-7:35pm	
133513	Olney SwC	10/29	Sa	10:00am-10:30am	
133515	Olney SwC	10/29	Sa	10:40am-11:10am	
133517	Olney SwC	10/29	Sa	11:20am-11:50am	
133519	Olney SwC	10/29	Sa	12:00pm-12:30pm	
133523	Olney SwC	10/29	Sa	12:40pm-1:10pm	
133524	Olney SwC	10/29	Sa	1:20pm-1:50pm	
133525	Olney SwC	10/29	Sa	1:20pm-1:50pm	
133526	Olney SwC	10/30	Su	9:30am-10:00am	
133529	Olney SwC	10/30	Su	10:10am-10:40am	
133530	Olney SwC	10/30	Su	10:10am-10:40am	
133533	Olney SwC	10/30	Su	10:50am-11:20am	
133534	Olney SwC	10/30	Su	10:50am-11:20am	
133535	Olney SwC	10/30	Su	11:30am-12:00pm	

Smiles and splashes  
add up to fun.





133537	Olney SwC	10/30	Su	11:30am-12:00pm
133541	Olney SwC	11/1	Tu	6:05pm-6:35pm
133542	Olney SwC	11/1	Tu	6:40pm-7:10pm
133543	Olney SwC	11/3	Th	6:05pm-6:35pm
133544	Olney SwC	11/3	Th	6:40pm-7:10pm
133545	Olney SwC	11/3	Th	6:40pm-7:10pm
133549	Olney SwC	11/28	M, W	6:25pm-6:55pm
133550	Olney SwC	11/28	M, W	6:25pm-6:55pm
133553	Olney SwC	11/28	M, W	7:05pm-7:35pm



### Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Swim lessons for all ages and abilities.

#### 6 Sessions \$52.00

133503	Olney SwC	9/10	Sa	10:00am-10:30am
133507	Olney SwC	9/10	Sa	10:40am-11:10am
133509	Olney SwC	9/10	Sa	11:20am-11:50am
133514	Olney SwC	9/10	Sa	12:00pm-12:30pm
133516	Olney SwC	9/10	Sa	12:40pm-1:10pm
133518	Olney SwC	9/10	Sa	1:20pm-1:50pm
133560	Olney SwC	9/11	Su	9:30am-10:00am
133561	Olney SwC	9/11	Su	10:10am-10:40am
133562	Olney SwC	9/11	Su	10:50am-11:20am
133563	Olney SwC	9/11	Su	10:50am-11:20am
133565	Olney SwC	9/11	Su	11:30am-12:00pm
133566	Olney SwC	9/11	Su	11:30am-12:00pm
133574	Olney SwC	9/13	Tu	10:15am-10:45am
133575	Olney SwC	9/13	Tu	6:05pm-6:35pm
133576	Olney SwC	9/13	Tu	6:40pm-7:10pm
133577	Olney SwC	9/15	Th	10:15am-10:45am
133578	Olney SwC	9/15	Th	6:05am-6:35pm
133579	Olney SwC	9/15	Th	6:40pm-7:10pm
133580	Olney SwC	9/26	M, W	6:25pm-6:55pm
133581	Olney SwC	9/26	M, W	6:25pm-6:55pm
133582	Olney SwC	9/26	M, W	7:05pm-7:35pm
133644	Olney SwC	10/24	M, W	6:25pm-6:55pm
133645	Olney SwC	10/24	M, W	6:25pm-6:55pm
133646	Olney SwC	10/24	M, W	7:05pm-7:35pm
133583	Olney SwC	10/29	Sa	10:00am-10:30am
133584	Olney SwC	10/29	Sa	10:40am-11:10am
133585	Olney SwC	10/29	Sa	11:20am-11:50am
133597	Olney SwC	10/29	Sa	12:00pm-12:30pm
133600	Olney SwC	10/29	Sa	12:40pm-1:10pm
133602	Olney SwC	10/29	Sa	1:20pm-1:50pm
133605	Olney SwC	10/29	Sa	1:20pm-1:50pm
133617	Olney SwC	10/30	Su	9:30am-10:00am
133619	Olney SwC	10/30	Su	10:10am-10:40am
133621	Olney SwC	10/30	Su	10:10am-10:40am
133625	Olney SwC	10/30	Su	10:50am-11:20am

133628	Olney SwC	10/30	Su	11:30am-12:00pm
133629	Olney SwC	10/30	Su	11:30am-12:00pm
133630	Olney SwC	11/1	Tu	6:05pm-6:35pm
133634	Olney SwC	11/1	Tu	6:40pm-7:10pm
133637	Olney SwC	11/3	Th	6:05am-6:35am
133639	Olney SwC	11/3	Th	6:05am-6:35am
133642	Olney SwC	11/3	Th	6:40pm-7:10pm
133632	Olney SwC	11/8	Tu	6:05pm-6:35pm
133649	Olney SwC	11/28	M, W	6:25pm-6:55pm
133652	Olney SwC	11/28	M, W	7:05pm-7:35pm

### Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for minimum of 5 yards. Swim lessons for all ages and abilities. Swim lessons for all ages and abilities.

#### 6 Sessions \$52.00

133587	Olney SwC	9/10	Sa	10:00am-10:30am
133588	Olney SwC	9/10	Sa	10:40am-11:10am
133590	Olney SwC	9/10	Sa	12:00pm-12:30pm
133591	Olney SwC	9/10	Sa	12:40pm-1:10pm
133592	Olney SwC	9/10	Sa	1:20pm-1:40pm
133593	Olney SwC	9/11	Su	9:30am-10:00am
133594	Olney SwC	9/11	Su	10:10am-10:40am
133595	Olney SwC	9/26	M, W	7:05pm-7:35pm
133598	Olney SwC	9/26	M, W	7:45pm-8:15pm
133622	Olney SwC	10/24	M, W	7:05pm-7:35pm
133623	Olney SwC	10/24	M, W	7:45pm-8:15pm
133601	Olney SwC	10/29	Sa	10:00am-10:30am
133604	Olney SwC	10/29	Sa	10:40am-11:10am
133607	Olney SwC	10/29	Sa	12:00pm-12:30pm
133616	Olney SwC	10/30	Su	9:30am-10:00am
133618	Olney SwC	10/30	Su	10:10am-10:40am
133620	Olney SwC	10/30	Su	10:50am-11:20am
133624	Olney SwC	11/28	M, W	7:05pm-7:35am
133626	Olney SwC	11/28	M, W	7:45pm-8:15pm

### Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

#### 6 Sessions \$52.00

133631	Olney SwC	9/10	Sa	12:40pm-1:10pm
133633	Olney SwC	9/10	Sa	1:20pm-1:50pm
133635	Olney SwC	9/11	Su	10:50am-11:20am
133636	Olney SwC	9/26	M, W	7:45pm-8:15pm
133641	Olney SwC	10/24	M, W	7:45pm-8:15pm
133638	Olney SwC	10/29	Sa	12:40pm-1:10pm
133640	Olney SwC	10/30	Su	9:30am-10:00am
133643	Olney SwC	11/28	M, W	7:45pm-8:15pm

### Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ feet and deeper). This class is for students who need to learn basic water adjustment skills. Swim lessons for all ages and abilities.

#### 6 Sessions \$47.00

133647	Olney SwC	9/10	Sa	10:00am-10:30am
133648	Olney SwC	9/11	Su	10:10am-10:50am
133650	Olney SwC	9/26	M, W	7:45pm-8:15pm
133654	Olney SwC	10/24	M, W	7:45pm-8:15pm
133651	Olney SwC	10/29	Sa	11:20am-11:50am
133653	Olney SwC	11/1	Tu	6:40pm-7:10pm
133655	Olney SwC	11/28	M, W	6:25pm-6:55pm

Each swim lesson series is tailored to specific swimming abilities so your child can advance at their own rate.



## Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ feet and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Swim lessons for all ages and abilities.

6 Sessions		\$47.00	
133658	Olney SwC	9/10 Sa	11:20am-11:50am
133662	Olney SwC	9/11 Su	9:30am-10:00am
133664	Olney SwC	9/11 Su	10:10am-10:40am
133668	Olney SwC	9/26 M, W	7:45pm-8:15pm
133683	Olney SwC	10/24 M, W	7:45pm-8:15pm
133671	Olney SwC	10/29 Sa	10:40am-11:10am
133673	Olney SwC	10/29 Sa	11:20am-11:50am
133676	Olney SwC	10/30 Su	9:30am-10:00am
133680	Olney SwC	11/3 Th	6:40pm-7:10pm
133685	Olney SwC	11/28 M, W	7:45pm-8:15pm

## Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ feet and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Swim lessons for all ages and abilities.

6 Sessions		\$45.00	
133656	Olney SwC	9/10 Sa	10:40am-11:10am
133657	Olney SwC	9/10 Sa	11:20am-11:50am
133659	Olney SwC	9/11 Su	10:10am-10:40am
133660	Olney SwC	9/11 Su	11:30am-12:00pm
133661	Olney SwC	9/26 M, W	7:05pm-7:35pm
133669	Olney SwC	10/24 M, W	7:05pm-7:35pm
133663	Olney SwC	10/29 Sa	11:20am-11:50am
133665	Olney SwC	10/29 Sa	12:00pm-12:30pm
133666	Olney SwC	10/30 Su	10:10am-10:40am
133667	Olney SwC	10/30 Su	10:50am-11:20am
133670	Olney SwC	11/28 M, W	7:05pm-7:35pm



## Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ feet and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Swim lessons for all ages and abilities.

6 Sessions		\$45.00	
133675	Olney SwC	9/10 Sa	11:20am-11:50am
133677	Olney SwC	9/10 Sa	12:00pm-12:30pm
133678	Olney SwC	9/11 Su	10:50am-11:20am
133679	Olney SwC	9/26 M, W	7:05pm-7:35pm
133686	Olney SwC	10/24 M, W	7:05pm-7:35pm
133681	Olney SwC	10/29 Sa	12:00pm-12:30pm
133682	Olney SwC	10/29 Sa	12:40pm-1:10pm
133684	Olney SwC	10/30 Su	10:50am-11:20am
133687	Olney SwC	11/28 M, W	7:05pm-7:35pm

## Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ feet and deeper). This class is for students who can swim 1

length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Swim lessons for all ages and abilities.

6 Sessions		\$45.00	
133697	Olney SwC	9/10 Sa	12:40pm-1:10pm
133699	Olney SwC	9/11 Su	10:50am-11:20am
133700	Olney SwC	9/26 M, W	7:45pm-8:15pm
133704	Olney SwC	10/24 M, W	7:45pm-8:15pm
133702	Olney SwC	10/29 Sa	12:40pm-1:10pm
133727	Olney SwC	10/29 Sa	1:20pm-1:50pm
133728	Olney SwC	10/30 Su	11:30am-12:00pm
133705	Olney SwC	11/28 M, W	7:45pm-8:15pm

## Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ feet and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Swim lessons for all ages and abilities.

6 Sessions		\$45.00	
133691	Olney SwC	9/10 Sa	12:40pm-1:10pm
133692	Olney SwC	9/11 Su	11:30am-12:00pm
133696	Olney SwC	10/29 Sa	1:20pm-1:50pm
133698	Olney SwC	10/30 Su	11:30am-12:00pm

## Adult-Level 1

Designed for teenagers and adults (14 years and older). This class is designed for those students who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Swim lessons for all ages and abilities.

6 Sessions		\$54.00	
133319	Olney SwC	9/10 Sa	1:20pm-1:50pm
133321	Olney SwC	9/13 Tu	8:35pm-9:05pm
133326	Olney SwC	11/3 Th	8:35pm-9:05pm
133337	Olney SwC	11/28 M, W	7:45pm-8:45pm

## Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Swim lessons for all ages and abilities.

6 Sessions		\$54.00	
133309	Olney SwC	9/10 Sa	10:00am-10:30am
133311	Olney SwC	9/13 Tu	8:00pm-8:30pm
133312	Olney SwC	9/15 Th	8:00pm-8:30pm
133314	Olney SwC	10/29 Sa	12:00pm-12:30pm
133315	Olney SwC	11/1 Tu	8:35pm-9:05pm
133317	Olney SwC	11/3 Th	8:00pm-8:30pm

## Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Swim lessons for all ages and abilities.

6 Sessions		\$52.00	
133336	Olney SwC	9/10 Sa	10:40am-11:10am
133340	Olney SwC	9/15 Th	10:40am-11:10am
133344	Olney SwC	10/29 Sa	8:35pm-9:05pm
133346	Olney SwC	11/1 Tu	8:00pm-8:30pm

## Adult-Level 4

Designed for teenagers and adults (14 years and older) for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Swim lessons for all ages and abilities.

6 Sessions		\$52.00	
133351	Olney SwC	10/29 Sa	10:00am-10:30am

*Jump into swim lessons this Fall!*



# We Rent for Your Event

Celebrate that special occasion in one of our Community Recreation Centers

Rent our facilities and join your friends and family for:

- Birthday Parties
- After Prom Dances
- Wedding Receptions
- Anniversaries
- Bar/Bat Mitzvahs
- Retirement Parties
- Cultural Celebrations
- Meetings



Transform a room into a fantasy land with lights and props or an elegant reception area with fresh flowers and garland. You are limited only by imagination and creativity.



Rent these Special Spaces for Special Events...

- Gymnasiums
- Social Halls
- Art Rooms
- Conference Rooms
- Lounges

To rent a space: Contact one of our Community Centers listed on page 59.

Check out a center from home: Virtual Tours of our centers are available online at [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec) under *Locations*







# ACTIVITIES

## Teen Volunteer Opportunities

The Department of Recreation is always looking for teen volunteers 14 and older to make a difference in our county. Volunteers will receive student service learning hours for their service in our programs. Please call for applications.

### BIG BUDDY

The Big Buddy/Little Buddy Mentoring Program pairs Montgomery County high school students with homeless children. For three hours a week, the buddies form a unique bond by playing games, reading together, playing sports, and just being friends. Once a month, the buddies as a group participate in a recreational, educational, community service and/or social event such as Adventure World, Seneca Creek State Park, or beautifying a neighborhood. There are two sessions, October through March and January through June. The application deadline for the fall session is mid September.

### K.E.E.N. CLUB

Kids Enjoy Exercise Now pairs Montgomery County high school students with high school students with disabilities, forming partnerships through playing sports. The program meets every other Sunday throughout the academic year to play team oriented sports such as soccer, basketball, and swimming.

### Youth Advisory Committee

Applications for the Youth Advisory Committee (YAC) are available to any Montgomery County middle and high school students who wish to make a difference. YAC is appointed by the County Executive and takes action on recommendations from its peers to improve the quality of life for Montgomery County youth. YAC meets weekly on Tuesday nights from September through June. For more information, call the Youth Services office.

## County-wide Special Events

### Half-Day Events

On Montgomery County's Public Schools early release days, exciting seasonal half day special events are planned for both middle and high school students. Activities include swimming, ice skating, bowling, pizza parties, movie night, and dances. Contact the Affiliated Office at 240-777-6985 for more information.

### Under-21 Special Events

Exciting activities are being planned for the fall including billiards nights, dances and more with DJ's, games, and door prizes. Snacks and refreshments are also available for purchase. School ID is required for admittance. Sponsored by the Montgomery Youth Advisory Committee. Contact the Affiliated Office at 240-777-6985 for more information.

For more information on Volunteer Opportunities for Teens, please call the Affiliated Office at 240-777-6985

### We're Online!

For the latest information, schedules or brochures on any of these activities please call the Youth Services Team at 240-777-6961 or check out our web page at [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec).

## Regional Teen Activities



### TEEN CLUBS

Organized trips and special outings are offered through Department of Recreation sponsored Teen Clubs at most public middle and high schools. Call the Regional Office for information.

### REC EXTRA

The Montgomery County Department of Recreation is excited about Rec Extra. This program is designed to enhance after school programs with recreational activities specifically planned for that school's student body. While every Montgomery County middle school may receive additional recreation programs during their current after-school time frame, selected schools have been identified as priority schools. These priority schools

have an additional day of after-school programming. Interested in a specific program at your middle school? Contact your After-School Activities Coordinator or call the Regional Office.

### AFTER HOURS

These popular Friday evening programs for middle school students are located in select Community Recreation Centers in the County. Teens can socialize with friends, participate in sports, arts and crafts, as well as special events. Call the Regional Office for more information.

For more information on Regional Teen Activities, please call the appropriate Regional Office:

East County: 240-777-4980

Mid-County: 240-777-4930

Silver Spring: 240-777-4910

Upcounty: 240-777-6940

Western Region: 240-777-6900



# THERAPEUTIC RECREATION PROGRAMS

## Mainstreaming Opportunities

Individuals with disabilities are encouraged to register for programs. To facilitate your inclusion, you may request auxiliary aids and services.

Interpreters, large or braille print, other auxiliary aids or services, or companions must be requested **at least 2 weeks** prior to the start of the program. Please call 301-468-4540, TTY 240-777-6974, to schedule an intake for accommodations needed.

Companions provide one-to-one assistance to facilitate participation and assimilation into the program. Most companions are volunteers and placements are limited, and are not guaranteed.



## Teen and Adult Programs

### Adult Swim

**Ages 18&Up, with disabilities:** Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self-help skills. 1 staff to 4 participants. **No personal care provided.** No class on 11/24.

<b>8 One hour and thirty minute sessions</b>	<b>\$35</b>
132618 ML King AqC 10/18 Tu 8:30pm	
132619 Montgomery AqC 10/20 Th 8:00pm	

### Beginning Handbuilt

#### Pottery for Adults

**Ages 18&Up, with disabilities:** Handbuilding techniques include decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$15 material fee due instructor. 1 staff to 8 participants. **No personal care provided.**

<b>8 One hour sessions</b>	<b>\$63</b>
132863 Wheaton CC 10/19 W 1:30pm	

### Feeling Fit with Multiple Sclerosis

**Ages 18&Up,** who would like to learn to work out independently: Includes warm up, work out, and cool down. Emphasis on learning how to develop a balanced physical activity plan. At the close of the class, participants will be able to design and begin an Individual Fitness Plan. No class 10/13.

<b>6 One hour sessions</b>	<b>\$35</b>
132621 Holiday Park SrC 10/6 Th 3:30pm	

## Moving with Multiple Sclerosis

**Ages 18&Up, with Multiple Sclerosis:** Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well-being. Discussion will focus on ways to keep exercising outside of class.

<b>6 One hour sessions</b>	<b>\$35</b>
132623 Germantown CC 10/9 Sun 1:00pm	

## Slow 'n Easy Aerobics

**Ages 15&Up, with disabilities:** Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to indicate basic wants and needs, and follow one- and two-step instructions. 1 staff to 8 participants. No class on 11/23 and 11/24.

<b>8 One hour sessions</b>	<b>\$33</b>
134328 Bauer Drive CC 10/20 Th 7:00pm	
134329 Wheaton CC 10/17 M 7:00pm	
134330 Germantown CC 10/19 W 7:30pm	

## Children's Programs



### Golf for Youth

**Ages 8-18, with and without hearing loss/deaf:** Instruction includes setup (proper grip, stance, and posture), mechanics of the golf swing (half swing and full swing), and putting techniques. Course instructor is fluent in American Sign Language (ASL). TTY 240-777-6974. 4-6 students per instructor. \$5.00 ball fee due each class. Bring clubs.

<b>5 One hour sessions</b>	<b>\$85</b>
134365 Redgate Golf Course TBA M 4:30pm	

## Programs to look for in the Fall Therapeutic Recreation brochure

**TR Adult Social Clubs** Register for exciting weekend activities for ages 21 and older. Come make new friends and join the fun.

**Dances for Teens and Adults** Dj, light refreshments, and opportunities for socialization. Themes include a Halloween dance on October 29 and a Holiday Celebration on December 10. Our dances are moving to Saturday nights at the Holiday Park Senior Center.



## Karate for Individuals with Disabilities

**Ages 6&Up:** Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor planning and coordination. Includes stretching and calisthenics as an introduction to physical fitness. New students attend 9:00 class.

### 10 Forty-five minute sessions

134363	Holiday Park SrC	9/10	Sa	9:00am
134364	Holiday Park SrC	9/10	Sa	9:45am

\$88

## TR Mailing List

If you would like to receive more information on TR programs or clubs, please send a post-card with participant's name, age, address, and phone number.

Mail to: Therapeutic Recreation Mailing List  
3950 Ferrara Drive,  
Wheaton, MD 20906

## Volunteers Needed:

To support Therapeutic Recreation programs and mainstreaming in general recreation programs. Orientation provided.

Call the Volunteer Coordinator  
at 301-468-4540.

Check it out  
Fall Fun!

## KALEIDOSCOPE

Extend your summer fun--our Kaleidoscope program has been redesigned to be similar to our Pines, Apollo, and Project Discovery summer camps with games, crafts, music and more...all intended to better meet your needs. Choose the appropriate class for your child. No personal care provided.

### Kaleidoscope – Pines

**Ages 6-10, with learning disabilities and/or attention deficit disorder** Activities include games, crafts, and music. Must be able to follow simple instructions and understand basic rules. Bring a bag lunch. 1 staff to 3 participants. No class 11/12.

#### 4 Three hour sessions

134813	Damascus CC	10/22	Sa	10:30am
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\$35

### Kaleidoscope – Apollo

**Ages 6-10, with Asbergers or PDD** Activities include games, crafts, and music. Must be able to follow simple instructions and understand basic rules. Bring a bag lunch. 1 staff to 3 participants. No class 11/12.

#### 4 Three hour sessions

134814	Wheaton CC	10/22	Sa	10:30am
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\$35

### Kaleidoscope – Project Discovery

**Ages 6-12, with physical disabilities** Activities include games, crafts, and music. Must be able to follow simple instructions. Bring a bag lunch. 1 staff to 3 participants. No class 11/12.

#### 4 Three hour sessions

134815	Holiday Park SrC	10/22	Sa	10:30am
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\$35



Montgomery County  
**RECREATION**  
DEPARTMENT



The public service mission of the Montgomery County Department of Recreation is to emphasize **Team Work, Objectivity, Growth, Imagination, Value, and Excellence** in everything we do in providing diverse recreation and leisure services for all of our communities. The acronym **TO GIVE** represents our commitment to achieving this mission.

## Recreation Department Advisory Board

Montgomery County residents who are interested in working to promote the development of recreational programming as well as park facilities are encouraged to apply for appointments to an Area Advisory Board position or the County-wide Advisory Board.

Interested citizens should submit a letter and brief resume to County Executive Douglas M. Duncan, Executive Office Building, 101 Monroe Street, Rockville, Maryland 20850.

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services (such as large print, electronic format, ASL or cued speech interpreting, or mainstream companion) in order to participate, please call a mainstream facilitator (301-468-4540) to discuss your needs.

## A Penny for your Thoughts...



Your opinion is important to us. We are genuinely interested in your experiences and appreciate your participation in our programs. Please take a few minutes to complete our customer survey.

This survey is available at [montgomerycountymd.gov/content/rec/survey.asp](http://montgomerycountymd.gov/content/rec/survey.asp).

Your comments will help us to improve our services.



# THE SPORTS



*Flag football encourages friendly competition while stressing safety and fitness.*

## Youth Sports

A variety of sports leagues for youth and teens are offered on a year round, countywide basis. Competitive levels exist for beginner and intermediate players.

Youth sports registration occurs on an individual or pre-formed team basis via flyers distributed quarterly through the schools. Volunteers are used to coach and implement these programs. The National Youth Sports Coaches' Association certification program is offered by the Department. Interested adults may call for coaching information.

### FALL

Registration begins in August. League Play begins late September.

Basketball-Youth grades 5-8	7 Game Season
Field Hockey-Girls grades 4-9	6-8 Game Season
Flag Football-Youth grades 2-9	7 Game Season
Fast Pitch Softball-Girls grades 7-8	8 Game Season
Modified Fast Pitch Softball-Girls grades 5-6	8 Game Season
Slow Pitch Softball-Girls grades 3-8	8 Game Season

### WINTER

Registration begins in October. League play begins January.

Basketball-Youth grades 3-8, Instructional grades 1-2	8 Game Season
Field Hockey , Indoor-Girls grades 5-10	5 Game Season

### SPRING

Registration begins in March. League play begins late April.

Baseball-Youth grades 4-9	10 Game Season
Machine Pitch Baseball-Youth grades 2-3	10 Game season
Tball-Youth grades K-1	6 Sessions
Slow Pitch Softball-Girls grades 3-12	10 Game Season
Modified Fast Pitch Softball-Girls grades 5-6	10 Game Season
Fast Pitch Softball-Girls grades 7-8	10 Game Season

## National Youth Sports Coaches' Association (NYSCA) certification program

Certified volunteers are needed to coach in youth basketball, flag football, in line hockey, baseball and softball. Certification includes the National Youth Sports Coaches Association (NYSCA) program. This program trains and prepares youth coaches and provides secondary liability insurance for those completing the training. Contact Corky McCorkle at 240-777-6961 for a seasonal schedule of upcoming clinics.

### OFFICIALS NEEDED

Individuals at least 16 years of age are needed to officiate games in our youth sports leagues. Salary is determined by previous officiating experience and education. For more information, call the Youth Services Team at 240-777-6961.

**Flag football**-Saturday hours, Grades 2-9. Training begins in September

**Baseball and Softball**-Saturday and Sunday hours. Grades 2-9. Training in March

**Basketball**-Saturday and/or Sunday hours. Grades 4-6. Training in late November and December.



# PAGES



## Competitive Sports

A variety of sport leagues for youth, teens, adults and seniors are offered on a year-round, countywide basis.

Adult Leagues: Register by team only. Include Men's, Women's, and Co-Rec divisions. Contact the Team office at 240-777-6961 or visit our web site [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec) to obtain current information and a registration form. **Do not use the form in this publication.** Information and registration materials for adult leagues may be obtained 2 months before the beginning of seasonal league play. Individuals seeking a team placement may call and be added to a list distributed to team managers.

Senior Adult\* Sports (age 50 and up): Call Jim Ganz with Montgomery County Senior Sports Association at 301-236-9130.

## FALL

Team Registration in July. League Play begins in September except for Softball which begins in August.

Basketball-High School Varsity, JV	8 Game Season
Flag Football-Co-Rec	10 Game Season
Touch Football-Men's	10 Game Season
In Line Hockey-Youth grades1-8	8 Game Season
Kickball-Co-Rec, Informal & Competitive	14 Game Season
Soccer-Men's, Women's, & Co-Rec	8 Game Season
Soccer-Instructional grades K-4	6 Week Program
Softball-Men's, Women's, & Co-Rec	14 Game Season
Volleyball-Men's, Women's & Co-Rec	7 Match Season

## Preview of Other Sports by Season:

## WINTER

Team Registration in October  
Basketball-Senior Adult, Adult, High School Recreation,  
Rising Star (grades 6-8)  
Volleyball Clinics-Adult

## SPRING

Team Registration in February  
In-Line Hockey-Youth (grades 1-8)  
Kickball-Co-Rec  
Soccer-Men's, Women's, Co-Rec, & Youth Instructional (grades K-4)  
Softball-\*Senior Adult, Men's Women's, & Co-Rec  
Volleyball-Men's, Women's, Co-Rec

## SUMMER

Team Registration for Basketball in April and Softball in May  
Basketball-Adult, High School Varsity, JV, & Rising Star (grades 6-8)  
Softball-Men's, Women's, & Co-Rec  
Softball-High School Fast Pitch

*Ace your Fall - sign up for our Fall Volleyball League.*



**Basketball Clinics\***

**Grades 1-6:** Presented by One on One Basketball, these fall clinics are designed to prepare you for the upcoming season. Fundamental skills including dribbling, shooting, passing, and defense will be emphasized in a fun, enjoyable, low pressure atmosphere.

**6 Sessions** **\$62.00**

Instructor: Inc One on One Basketball

**Grades 1-2:**

133052	Germantown CC	9/18	Su	1:00pm-2:00pm
133055	Wheaton CC	9/18	Su	12:00pm-1:00pm
133059	Fairland CC	9/18	Su	1:00pm-2:00pm

**Grades 3-4:**

133054	Potomac CC	9/18	Su	12:00pm-1:00pm
133057	Germantown CC	9/18	Su	2:00pm-3:00pm
133060	Wheaton CC	9/18	Su	1:00pm-2:00pm
133062	Fairland CC	9/18	Su	2:00pm-3:00pm
133053	Leland CC	9/20	Tu	5:00pm-6:00pm

**Grades 5-6:**

133056	Potomac CC	9/18	Su	1:00pm-2:00pm
133061	Wheaton CC	9/18	Su	2:00pm-3:00pm
133063	Fairland CC	9/18	Su	3:00pm-4:00pm
133064	Germantown CC	9/18	Su	3:00pm-4:00pm
133058	Leland CC	9/20	Tu	6:00pm-7:00pm

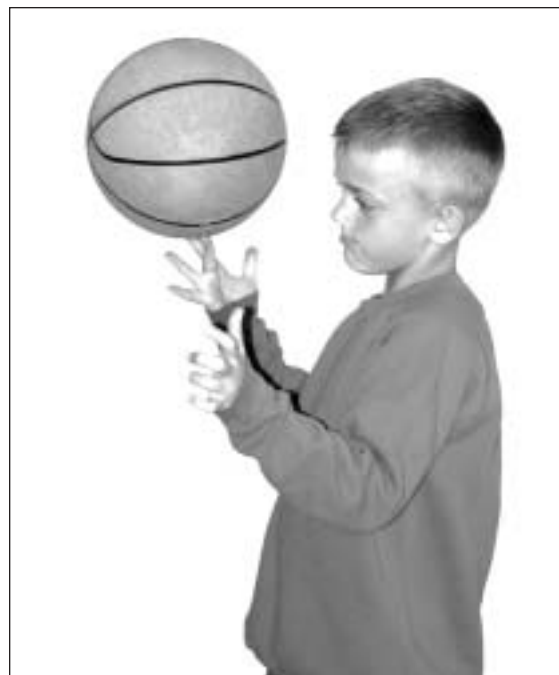
**Holiday Hoops Basketball Camp**

**Grades 2-8:** For boys and girls. Instructed by One on One Basketball, Inc. Each session includes fun drills and scrimmages to enhance offensive and defensive skills and team play. Participants should bring lunch and a drink in an unbreakable container and wear non-marking sneakers or tennis shoes. In the event of inclement weather call the recording at 240-777-6889. The new class fee is \$154. Sorry for any inconvenience.

**4 Sessions** **\$154.00**

Instructor: Inc One on One Basketball

134918	Kingsview MS	12/26	M-Th	9:00am-3:00pm
134919	Leland CC	12/26	M-Th	9:00am-3:00pm
134920	Wheaton CC	12/26	M-Th	9:00am-3:00pm

**Soccer Clinics: K-1st Grade**

**Grades K-1:** Instructional program taught by professional instructors. Emphasis on dribbling, passing, shooting and having fun. Teams play 4 v 4 format and may have home and away scrimmages during the season. Wear shin guards and soccer shoes; bring size 3 ball with name on it.

**6 Sessions** **\$60.00**

Instructor: American Soccer Academy

134913	MCRD Offices	9/11	Su	2:00pm-3:00pm
134914	West Fairland LP	9/11	Su	2:00pm-3:00pm
134915	Potomac CC	9/11	Su	2:00pm-3:00pm
134916	Flower Hill LP	9/11	Su	2:00pm-3:00pm
134917	Bauer Drive CC	9/11	Su	2:00pm-3:00pm

**Coming in December****Winter Break Kids Activities**

Kids will have a guaranteed blast when they join into the active games, crafts, sports, and special events. Plan now to chase the boredom away with action-packed daily fun at these exciting programs.

- Winter Ventures Bauer Drive CC Grades K-6
- Winter Ventures Fairland CC Grades K-6
- Club Holiday Germantown CC Ages 3-12
- Club Holiday Potomac CC Ages 3-12

For information, call: 240-777-6870

Note: You may register for Club Holiday in this issue. Winter Ventures will be available in the winter issue coming the end of November.

**Soccer Clinics: 2nd-3rd Grade**

**Grades 2-3:** Instructional program taught by professional instructors. Emphasis on dribbling, passing, shooting and having fun. Teams play 4 v 4 format and may have home and away scrimmages during the season. Wear shin guards and soccer shoes; bring a size 3 ball with name on it.

**6 Sessions** **\$60.00**

Instructor: American Soccer Academy

133144	MCRD Offices	9/11	Su	1:00pm-2:00pm
133145	Potomac CC	9/11	Su	1:00pm-2:00pm
133146	West Fairland LP	9/11	Su	1:00pm-2:00pm
133147	Flower Hill LP	9/11	Su	1:00pm-2:00pm
133143	Bauer Drive CC	9/18	Su	1:00pm-2:00pm



# CLASSES

## Holiday Schools & Clinics

### Club Holiday

**Ages 3-12:** Your Cruise Director will provide time to enjoy age appropriate sports, games, arts and crafts and more plus time to chat and visit with your friends. The 'Cruise' will feature organized activities as well as special events. Club Holiday fits into everyone's schedule! Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. Bring a bag lunch. Price includes all materials. Note: Little Skippers ages 3-5 will rotate through age appropriate activities and may only register for the half-day session! For more information go to [ctikids.com](http://ctikids.com).

**5 Sessions \$103.00**

Instructor: Computer Technology Inc. CTI

133331 Potomac CC 12/26 M-F 9:30am-12:30pm

133333 Germantown CC 12/26 M-F 9:30am-12:30pm

**5 Sessions \$166.00**

Instructor: Computer Technology Inc. CTI

133332 Potomac CC 12/26 M-F 9:30am-3:30pm

133334 Germantown CC 12/26 M-F 9:30am-3:30pm

### Club Holiday Extended Day

Children registered for Club Holiday are eligible to register for an extended day program for an additional fee. The extended program provides supervised informal recreational activities for participants before and after Club Holiday. Half day participants are eligible for AM sessions only. For more information go to [ctikids.com](http://ctikids.com).

**5 Sessions \$40.00**

Instructor: Computer Technology Inc. CTI

133527 Potomac CC 12/26 M-F 7:30am-9:30am

133536 Germantown CC 12/26 M-F 7:30am-9:30am

**5 Sessions \$60.00**

Instructor: Computer Technology Inc. CTI

133531 Potomac CC 12/26 M-F 3:30pm-6:00pm

133538 Germantown CC 12/26 M-F 3:30pm-6:00pm

### Karate Clinics

**Ages 6-12:** This clinic provides diversified and intensive Tang Soo Do style Korean karate and jujitsu instruction for all ability levels. It includes basic motion, kata, one-step sparring, falling, take downs, throwing, exam preparation, and more. Students are grouped by belt level and age where appropriate. An optional exam will be offered for an additional \$25, payable to TKA.

**4 Sessions \$48.00**

Instructor: Company Staff: TKA, Inc.

132513 Bauer Drive CC 12/26 M-Th 9:00am-11:30am

Fast, easy online registration  
with RecWeb at  
[montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)

## Arts & Crafts for Youth

Register early for youth programs to avoid disappointment. Teens may register for adult classes if age appropriate.



*Your child's artistic side is nurtured in our youth Arts & Crafts classes.*

### Little Linguists

**Ages 4-7:** Learn a foreign language through art! A fun, creative and enjoyable way to expose children to a foreign language. Children quickly pick up foreign language while having fun. Build vocabulary through creative art projects. Class also incorporates some Spanish music, drama, and stories. No adult participation required. \$8 material fee due to instructor. No class on 10/13/05.

**9 Sessions \$91.00**

Instructor: Sandra Aresta

129764 Leland CC 9/22 Th 4:15pm-5:00pm

129765 Leland CC 9/22 Th 5:00pm-5:45pm

See *Tiny Tots* for more Little Linguists.

### **Abrakadoodle's Master Doodlers**

**Age 6-12:** Discover a new master artist each week, then create your own masterpieces using the artist's style, materials, and techniques! Fun, hands-on classes create a safe learning space to learn as you experiment with paints and pastels, collage, origami, bamboo brushes, modeling compounds and more. Complete a piece of artwork during each class session and pieces are framed and sent home ready for display. Learn beginning and advanced techniques while developing art appreciation. Not just for the future artists among us-classes are structured to bolster self-confidence and pride in creating a finished product, while teaching art history, techniques and skills. \$30 material fee due to instructor at first class.

**4 Sessions \$32.00**

Instructor: Abrakadoodle

131913 Germantown CC 10/3 M 4:00pm-5:00pm

131916 East County CC 10/5 W 5:00pm-6:00pm

131917 Potomac CC 10/6 Th 4:00pm-5:00pm

131918 Potomac CC 10/6 Th 5:00pm-6:00pm

131919 Wheaton CC 10/8 Sa 2:00pm-3:00pm

131914 Bauer Drive CC 10/11 Tu 4:00pm-5:00pm

131915 Bauer Drive CC 10/11 Tu 5:00pm-6:00pm

131920 Bauer Drive CC 11/15 Tu 5:00pm-6:00pm

**Chinese Brush Painting**

**Ages 6&Up:** Step by step instructions of the four gentlemen; bamboo, plum, orchid and chrysanthemum. Adult participation not required. \$35 material fee per person due instructor. Bring 12-color watercolor set, water container, mounting board (discussed at first class).

**6 Sessions** **\$85.00**

Instructor: Soon Kim Morris

130269	Germantown CC	10/3	M	6:30pm-8:30pm
130313	Damascus CRC	10/5	W	6:30pm-8:30pm

**Art Destinations Club**

**Ages 7&Up:** Take a trip around the world (without leaving home) doing many local crafts. In Mexico make a worry doll, then to the southwest to try Native American weaving. Finally we journey to Africa to create a water bowl out of paper mache. Come have fun and be creative. \$35 material fee due to instructor.

**6 Sessions** **\$63.00**

Instructor: Abigail Dion

130513	Damascus CRC	10/15	Sa	2:00pm-3:00pm
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**NEW Family Pottery with Create**

**Ages 7&Up:** Adult participation and registration required with child. Class addresses the interest of both child and adult so you may work together or independently. Finished work will be fired in our kiln, then glazed and fired again. Finishes other than glaze will also be covered. Each person will finish many projects. \$40 material fee due to instructor per family.

**8 Sessions** **\$85.00**

Instructor: Create Arts Center

131213	Create Arts Center	10/9	Su	5:30pm-7:00pm
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**Handbuilt Pottery for Children**

**Ages 8&Up:** Adults welcome to register too. Come have fun with clay. Learn how to do a coil pot and have it look like you threw it on the wheel. Discover other clay methods including some work on the wheel. No glazing, material fee (due instructor) of \$30 covers 15 lbs of clay. Extra charge for more clay.

**6 Sessions** **\$63.00**

Instructor: Abigail Dion

131513	Damascus CRC	10/13	Th	4:00pm-5:00pm
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**NEW Try 3! Mixed Media Approaches**

**Ages 8&Up:** When artists set out to capture the likeness of an object, they may experiment with different mediums. Explore the versatility of wet and dry media. Capture your chosen object in three different ways using crayon resist, acrylic and colored pencil, and chalk pastels. Bring a fruit or vegetable for your subject, beginners watercolor set, assortment of brush sizes, crayons, colored pencils, chalk pastels, plastic or metal paint palette, pencil, eraser, and sharpener. \$5 material fee due to instructor.

**3 Sessions** **\$35.00**

Instructor: Lisa Siegel

130064	Bauer Drive CC	10/3	M	4:00pm-5:30pm
130065	Bauer Drive CC	11/7	M	4:00pm-5:30pm

**NEW Like to Draw? Try Cartooning**

**Ages 8&Up:** Imagine designing your own cartoon and putting it to good use. Discover a variety of ways on how to exaggerate the main features of the head and figure. Explore ways to include words with your cartoon by adding personality and emotion. Create three greeting cards covering everyday situations. Bring crayons, markers, colored pencils, regular pencils, erasers and pencil sharpener to class. \$5 material fee due to instructor includes greeting cards, envelopes and sketch paper.

**3 Sessions** **\$35.00**

Instructor: Lisa Siegel

130013	Longwood CC	10/11	Tu	4:00pm-5:30pm
130014	Germantown CC	11/8	Tu	4:00pm-5:30pm

**NEW Smile! Beginner Self Portraits**

**Ages 8&Up:** Study how facial features are positioned on the face, closely observing our own facial features at close range. Consider different styles and approaches of drawing your own self portrait. Bring head held mirror, pencils, eraser, vine charcoal, fine point pens, chalk pastels, pencil sharpener. \$5 material fee due to instructor.

**3 Sessions** **\$35.00**

Instructor: Lisa Siegel

130063	Nrbk-Mncstr Mill NP	10/6	Th	4:00pm-5:30pm
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**NEW Kids Scrapbooking Calendar Workshop**

**Ages 8-16:** Create a one of a kind hand made treasure perfect for holiday gift-giving. You choose from your favorite photos (1-2 for each month of the year), and we supply a 2006 calendar, stickers, paper and more. Bring a bag lunch. \$15 material fee due to instructor.

**1 Session** **\$32.00**

Instructor: Sheila Schwabe

131565	Damascus CRC	11/19	Sa	10:30am-1:30pm
131566	Germantown CC	12/3	Sa	10:30am-1:30pm

**Cakes for Kids**

**Ages 9&Up:** Families welcome, but parent participation not required. Discover the secrets to frosting a cake. Learn how to make different types of frosting and use different frosting tips and techniques. Bring a cake the second week and third week. \$22 material fee due to instructor at class.

**3 Sessions** **\$40.00**

Instructor: Abigail Dion

131616	Potomac CC	10/9	Su	2:00pm-3:30pm
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*Stimulate  
your child's  
imagination.  
Register  
them for  
an art class  
today.*

**★NEW★ Cakes for Kids Part 2**

**Ages 9&Up:** Families welcome, but parent participation not required. Learn more about creative cake decorating. Some experience required. \$22 material fee due to instructor at first class.

**4 Sessions** **\$52.00**  
 Instructor: Abigail Dion  
 131463 Potomac CC 10/23 Su 4:00pm-5:30pm

**Watercolor Studio for Kids**

**Ages 8-12:** Still life, landscapes, abstracts, dinosaurs and more. Explore a variety of watercolor techniques to paint just about anything! Bring markers, pencil, eraser, drawing pad, brushes, watercolor paint. \$5 material fee due to instructor at first class. Additional supply list provided at first class.

**6 Sessions** **\$64.00**  
 Instructor: B.J. Asher  
 130717 Wheaton CC 9/26 M 4:00pm-5:30pm

**Cartooning Workshop**

**Ages 9-14:** Explore the many forms of cartoon drawing, caricatures, humorous cartoons and apply your powers of imagination to a variety of projects. Bring drawing pad, pencils, magic markers, tempera colors, eraser, brushes. Finish two projects of your choice. \$5 material fee due to instructor.

**1 Session** **\$28.00**  
 Instructor: B.J. Asher  
 130722 Wheaton CC 10/1 Sa 2:30pm-4:30pm  
 130723 Wheaton CC 11/5 Sa 2:30pm-4:30pm

**Drawing**

**Ages 9-15:** From landscapes to still life, discover the mechanics of drawing as fun activities guide your artistic journey. Bring assorted large set of thin and thick washable markers and 11 inch x 14 inch tablet of bond paper. \$6 material fee due to instructor at the first class.

**8 Sessions** **\$85.00**  
 Instructor: Margaret Deskin  
 130066 Damascus CRC 9/25 Su 12:30pm-2:00pm

**Acrylic Painting for Children**

**Ages 10-14:** Draw and paint landscapes, flowers, animals and abstracts. Explore new methods of painting with acrylics. Open to all levels. Instructor provides supply list on first day. \$5 material fee due to instructor at first class.

**6 Sessions** **\$64.00**  
 Instructor: B.J. Asher  
 130721 Gwendolyn Coffield CC 9/29 Th 4:00pm-5:30pm

**Oil Painting for Fun**

**Ages 10-14:** Discover techniques of oil painting on canvas. Focus on composition, perspective and paint flowers, landscapes, or abstracts of your choice. Finish two projects. \$5 material fee due to instructor. Supply list provided on first class.

**6 Sessions** **\$64.00**  
 Instructor: B.J. Asher  
 130719 Long Branch CC 9/27 Tu 4:00pm-5:30pm

**Arts & Crafts for Adults****Fine Arts****★NEW★ Drawing on the Right Side of Brain**

**Ages 12&Up:** Discover how to unhinge preconception and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create! Bring drawing paper, pencils (HB, B1, B4), erasers or \$20 for materials. \$5 hand out fee

**6 Sessions** **\$66.00**  
 Instructor: Yolanda Prinsloo  
 129778 Potomac CC 9/26 M 6:30pm-8:00pm

**The Magic of Drawing with Kritt**

**Ages 18&Up:** Beginner/Intermediate: Drawing objects and people are easier than you think. A pencil can be your magic wand, and an eraser can undo any evil spell you accidentally create. Learn how to make objects appear three dimensional. \$5 hand out fee due to instructor at first class. Class size is very limited. Call 301-989-1799 for supply list.

**6 Sessions** **\$100.00**  
 Instructor: Penny Kritt  
 129663 Kritt Studio 9/19 M 10:00am-12:00pm  
 129664 Kritt Studio 9/20 Tu 7:00pm-9:00pm  
 129665 Kritt Studio 11/7 M 7:00pm-9:00pm  
 129666 Kritt Studio 11/8 Tu 10:00am-12:00pm



*Our arts classes can help you find that artistic side you never knew you had.*

**Painting with Kritt: Basics & Beyond**

**Ages 18&Up:** Use watercolors or acrylics to create a still life or landscape. Learn about paints and brush techniques. Work on textures, from tree bark to shiny silver and fluffy clouds to rocks in a raging river. Class size is limited. Call 301-989-1799 for supply list. \$5 hand out fee due to instructor.

**6 Sessions** **\$100.00**  
 Instructor: Penny Kritt  
 129667 Kritt Studio 9/19 M 7:00pm-9:00pm  
 129668 Kritt Studio 9/20 Tu 10:00am-12:00pm  
 129669 Kritt Studio 11/7 M 10:00am-12:00pm  
 129670 Kritt Studio 11/8 Tu 7:00pm-9:00pm



**Acrylic Painting Techniques**

**Ages 15&Up:** All ability levels. Discover how to use a step by step approach that makes acrylics resemble the lush look of oils. This professional approach uses particular brushes and paints to get the desired look. \$8 material fee covers pallet paper and extra paints due to instructor. Call 240-777-6870 for instructor's phone number to obtain additional material list. Please bring several pictures of what you would like to paint.

**8 Sessions** **\$115.00**

Instructor: Margaret Deskin

130714	Leland CC	9/26	M	7:00pm-9:00pm
130715	Damascus CRC	9/27	Tu	7:00pm-9:00pm

**Oil Painting**

**Ages 12&Up:** Beginning/Advanced: Discover techniques in painting with oil, still life, portraiture, landscapes: composition, perspective, color theory, light, shadow and more. \$50 material fee due to instructor or call for instructor's phone number at 240-777-6870 for material list. Bring paper towels.

**10 Sessions** **\$141.00**

Instructor: Yolanda Prinsloo

129779	Potomac CC	9/25	Su	6:00pm-8:00pm
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**NEW A Pendant for Art-Art Group for Women**

**Ages 18&Up:** Ladies, this is your 'day out' opportunity! We give you a comfortable environment for self-expression through art. No previous art experience necessary. The focus is not on learning art techniques but on self-expression. Explore drawing, painting, collage, clay, photography, puppet making, and more! Share ideas if you wish, self expression is the key. Material list provided.

**8 Sessions** **\$115.00**

Instructor: Create Arts Center

131175	Create Arts Center	10/3	M	6:00pm-8:00pm
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**Photography****Basic Photography**

**Ages 13&Up:** Covers functions and operations of cameras, lenses, film and other equipment with emphasis on creative aspects and composition. Portrait lighting and use of flash is covered. Class includes assignments and field trip. Pictures taken will be critiqued in class. Field trip is on the Saturday following the third class.

**6 Sessions** **\$90.00**

Instructor: George DeBucharanne

129763	Bauer Drive CC	9/19	M	7:00pm-10:00pm
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**Close Up Photography**

**Ages 16&Up:** Experience with SLR camera helpful. Take first class close-up (macro) photographs of subjects like flowers, coins, stamps, bugs, jewelry, etc. Learn the tricks of the trade in a one day workshop. Techniques described for all types of cameras, but participants will work with a 35mm single lens reflex (SLR). Equipment provided, but student may bring personal equipment too. Some lecture and lots of hands-on time. Actual photographs will be taken and reviewed in the session. Bring items you wish to photograph. Class size is limited. \$9 material fee due to instructor.

**1 Session** **\$65.00**

Instructor: Lew Vendetti

129813	Ross Boddy CC	12/3	Sa	10:00am-3:30pm
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**Reflective Reflections**

**Ages 16&Up:** Highly reflective objects, with metallic, glass or glazed surfaces present special problems with lighting. Learn professional tips. Program geared

to what you can do at home. Bring challenging objects. You may bring your own camera, but it is not required. Actual photos taken and critiqued. \$10 material fee due to instructor. Bring a bag lunch.

**1 Session** **\$65.00**

Instructor: Lew Vendetti

129863	Ross Boddy CC	11/5	Sa	10:00am-3:30pm
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**NEW From Capture to Print**

**Ages 18&Up:** Understand, setup and operate your own digital photography system. Do you want to learn how to reduce your photographic processing fees? Wouldn't it be great to be able to take a photograph with a digital camera or scan in a slide or negative and print out professional-quality print? Learn about color management theory, digital cameras, scanners, color photo printers, image-editing programs, and paper selection. Bring a notepad. \$13 material fee due to instructor at class.

**1 Session** **\$42.00**

Instructor: Mark Sincevich

131663	Leland CC	10/11	Tu	6:00pm-9:00pm
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131664	Bauer Drive CC	12/7	W	6:00pm-9:00pm
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**NEW How to Take Better Digital Photos**

**Ages 18&Up:** Learn how to increase the quality of your photos. You could spend hours and days reading the digital camera manual OR you could come to class to get an accelerated start. Learn basic photography skills as they relate to your camera, accessories you will need but didn't think to purchase, and what you have to do to take better quality photographs. Leave the class with great information that you can use immediately and with increased confidence in the digital photography world. Bring a notepad and \$13 material fee due to instructor.

**1 Session** **\$32.00**

Instructor: Mark Sincevich

132015	Leland CC	10/25	Tu	6:00pm-8:00pm
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132017	Bauer Drive CC	11/30	W	6:00pm-8:00pm
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**NEW Digital Photography Now**

**Ages 18&Up:** In this in-depth intermediate seminar, you will learn how to understand the digital photographic environment including: color management theory, digital cameras, scanners, color photo printers, image-editing programs, and paper selection. This workshop is appropriate for those interested in going totally digital or partially digital. You will leave this seminar more informed about digital cameras, scanners, computer software, color photo printers and specialized paper than ever before. Note: This takes the principles of the seminar, 'From Capture to Print' and expands upon them for greater understanding and application. Bring a notepad, bag lunch and \$49 material fee (manual) due to instructor at class.

**1 Session** **\$75.00**

Instructor: Mark Sincevich

132013	Leland CC	10/29	Sa	10:00am-3:30pm
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**Pottery****Handcrafted Pottery 1**

**Ages 16&Up:** All levels: Introduction to techniques used in hand building pieces of functional and decorative pottery, and to potter's wheel. Basic information on clay bodies, firing, glazing, under glazes and slips. \$30 material fee includes 25 pounds of clay and firing, fee due to instructor.

**10 Sessions** **\$150.00**

Instructor: Pamela Reid

130613	Wheaton CC	9/21	W	10:00am-12:30pm
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130614	East County CC	9/21	W	6:30pm-9:00pm
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*Focus on technique with one of our photography classes.*

**Pottery at Coffield**

**Ages 16&Up:** All levels: Introduction to techniques used in slab making, press molding, tile designing, glazing, firing and limited basic wheel centering. Bring scissors, set of brushes, 4 inch bowl, masking tapes, pottery tools. \$35 material fee due to instructor. Fall-no class 10/13,11/24.

**8 Sessions** **\$144.00**

Instructor: Reuben Renner

132063 Gwendolyn Coffield CC 9/28 W 6:00pm-9:00pm

132064 Gwendolyn Coffield CC 9/29 Th 6:00pm-9:00pm

**NEW Pottery with Create**

**Ages 18&Up:** Beginning/Intermediate: Explore basic simple techniques to create simple and elaborate works of art. Create utilitarian objects, vessels, plates and sculptural objects such as masks, people and animals. Class time with instructor 10-12, on your own studio time 12-2pm. \$40 material fee due to instructor at first class.

**8 Sessions** **\$192.00**

Instructor: Create Arts Center

131167 Create Arts Center 10/7 F 10:00am-2:00pm

**Pottery at Leland**

**Ages 12&Up:** All levels: Introduction to techniques used in handbuilding pieces of functional and decorative pottery. Techniques based on African, Mayan pottery, sculpture and introduction to the wheel. \$25 material fee due to instructor at first class.

**9 Sessions** **\$120.00**

Instructor: Yolanda Prinsloo

129780 Leland CC 9/29 Th 7:00pm-9:00pm

**Handcrafted Pottery 2 at Germantown**

**Ages 15&Up: Intermediate/Advanced:** Combination wheel and hand building. Discover clay's plasticity, try wedging and throwing, build slabs and coils, pinching and modeling. Bring home finished pieces completely glazed and fired. Share wheel time. Bring old towel, dry cleaner plastic wrap, various small textured objects and \$33.00 material fee due to the instructor. No class on 11/23/05.

**9 Sessions** **\$162.00**

Instructor: Valerie Haber

129715 Germantown CC 9/28 W 6:00pm-9:00pm

**Handcrafted Pottery 2**

**Ages 16&Up: Intermediate/Advanced:** Previous experience with clay, wheelworking or handbuilding required. Work on individual projects with instructor's guidance. New techniques introduced, explore glaze making. \$30 material fee includes firing fees due instructor first day. Bring clay tools and old towel.

**10 Sessions** **\$120.00**

Instructor: Pamela Reid

130616 Wheaton CC 9/19 M 7:00pm-9:00pm

**10 Sessions** **\$150.00**

Instructor: Pamela Reid

130617 Wheaton CC 9/19 M 10:00am-12:30pm

**NEW Surface Decorations Techniques**

**Ages 18&Up:** Some pottery experience helpful. Discover new and exciting techniques for decorating pottery surfaces. Use colored clays, textures, stamping, slip trailing, marbeling, resist, maskings and more! Bring basic pottery tools, towels, and bucket for water. \$30 material fee due to instructor at first class. Classes meet for 4 weeks.

**8 Sessions** **\$120.00**

Instructor: Anjali Gulati

131614 Fairland CC 9/20 Tu, Th 6:30pm-9:00pm

131615 Fairland CC 11/8 Tu, Th 6:30pm-9:00pm

**Pottery-Open Studio**

**Ages 16&Up:** For the experienced potter who needs space to work on projects. Instructor available for technical support, glazes for cone 6 firings, and timely firing of pieces. Room equipped with wheels, slab roller and extruder. Bring clay tools, old towels. Material and firing fees vary based on production. Space is limited. Attend any four hours during your open studio time.

**10 Sessions** **\$180.00**

Instructor: Pamela Reid

130619 Ross Boddy CC 9/20 Tu 6:30pm-9:30pm

130618 Ross Boddy CC 9/20 Tu, Th 10:00am-2:00pm

**Stained Glass****Leaded**

**Ages 18&Up:** Learn glass cutting, soldering, the use of glass working tools, techniques and terminology as you are guided step by step through several projects of increasing challenge. \$30 materials fee payable to instructor covers consumables, personal equipment, and use of tools. Bring a bag lunch to Saturday class.

**2 Sessions** **\$88.00**

Instructor: Fran Asbeck

129767 Ross Boddy CC 10/1 Sa 9:30am-4:00pm

129768 Ross Boddy CC 10/29 Sa 9:30am-4:00pm

**5 Sessions** **\$88.00**

Instructor: Fran Asbeck

129766 Ross Boddy CC 9/27 Tu 7:00pm-9:30pm

**Find a mistake?**

We try our best to include something for everyone. Since some people like to find errors, we regularly include a few!

**Copper Foil**

**Ages 18&Up:** Build on the basic skills learned in a Leaded Stained Glass course (prerequisite) and discover the modern copper foil technique of stained glass crafting. Several projects, tailored to your skill level assigned, or bring ideas of your own. Copper foil enables a higher degree of detail in glass than is practical using lead came, and is authentic to the glass decorative arts of the Victorian period. \$18 material fee due to instructor covers supplies unique to copper foil, glass for the first two projects and use of tools. Bring bag lunch to Saturday class.

**2 Sessions** **\$88.00**

Instructor: Fran Asbeck

129770 Ross Boddy CC 12/10 Sa 9:30am-4:00pm

**5 Sessions** **\$88.00**

Instructor: Fran Asbeck

129769 Ross Boddy CC 11/15 Tu 7:00pm-9:30pm

**Crafts****Furniture Painting**

**Ages 16&Up:** Bring your favorite chair, stool or piece of furniture (size constraint-it must fit in a compact car) and learn the art of painting to match your favorite fabric or be creative with your own design. \$35 material fee due to instructor at the first class.

**3 Sessions** **\$55.00**

Instructor: Abigail Dion

130517 Damascus CRC 10/28 F 6:00pm-7:30pm

**NEW Stone Carving for Beginners**

**Ages 18&Up:** Carve alabaster of various colors with rasps, files and sandpaper. Create one or two small sculptures and mount them on base, or one or two pendants or amulets. From hard work comes surprising results are that are very rewarding. \$50 material fee due to instructor at first class.

**8 Sessions** **\$115.00**

Instructor: Create Arts Center

130863 Create Arts Center 10/6 Th 10:00am-12:00pm

**Floral Design**

**Ages 18&Up:** Discover how to design various arrangements. You will be amazed at the results. \$13 material fee due to instructor at EACH class to cover the costs of the flowers.

**6 Sessions** **\$72.00**

Instructor: Sharon Jeremiah

130716 Leland CC 10/5 W 7:00pm-9:00pm

**Fresh Herb Wreath**

**Ages 13&Up:** Picked fresh from the farm, the herbs are waiting for you! Begin with a Spanish moss base and add lots of mountain mint, rosemary, lavender, comfrey, thyme, dried flowers and more for a finishing touch. Terrific for gift giving, or keep for yourself. \$10 material fee due to instructor.

**1 Session** **\$28.00**

Instructor: Donna Weeks

130217 Damascus CRC 10/6 Th 6:30pm-8:30pm

**Autumn Leaves Wreath**

**Ages 13&Up:** Capture fall's beauty with this colorful, long lasting wreath. Begin with a Spanish moss base and add leaves of gold, silver, burgundy and green. Terrific as a wreath or centerpiece throughout the seasons. \$8 Material fee due to instructor.

**1 Session** **\$28.00**

Instructor: Donna Weeks

130220 Bauer Drive CC 10/26 W 7:00pm-9:00pm

**Pressed Flower Candles**

**Ages 13&Up:** You have seen these in stores selling for \$15 or more, now learn to make your own. Begin with two pillar candles and add your own design of pressed flowers, leaves and vines. Add a sealer to preserve their beauty. Not a candle making classes. \$8 material fee due to instructor at class.

**1 Session** **\$28.00**

Instructor: Donna Weeks

130264 Longwood CC 10/20 Th 6:30pm-8:30pm

**NEW Scrapbooking for Beginners**

**Ages 17&Up:** Want to organize and proudly display that drawer of photos? Covers quick and easy scrapbooking techniques that will have you finishing memorable albums you family will treasure for years to come. We'll show you how to organize your photos and supplies, journaling techniques, border designs, pen work, chalking, paper tearing, embossing, vellum tips and how to use embellishments. Bring your own photos and class kit (album with pages, scissors, adhesive). New techniques introduced weekly, and we'll play with cool scrapbooking tools too! Class kits available from instructor as well as local craft stores.

**8 Sessions** **\$156.00**

Instructor: Sheila Schwabe

131563 Damascus CRC 9/10 Sa 10:30am-1:30pm

131564 Germantown CC 9/20 Tu 6:00pm-9:00pm

**NEW Found Object Sculpture**

**Ages 13&Up:** Turn recyclable into art. Take an idea from a story or from your imagination, construct people, places, and animals, using cardboard and plastic discarded materials to create a sculpture. Finish them with paint, tissue paper, fabric, feathers, sequins, etc. Create two or three projects. \$10 material fee due to instructor. Bring found objects.

**8 Sessions** **\$85.00**

Instructor: Create Arts Center

130867 Create Arts Center 10/4 Tu 4:00pm-5:30pm

**NEW Knit, Quilt, Cross Stitch**

**Ages 18&Up:** Design and knit a scarf, sew quilted pillow and design and create a cross stitch picture. Study design elements using complimentary and contrasting colors and textures. Other textile ideas can be considered, time permitting. Material list provided at first class

**8 Sessions** **\$115.00**

Instructor: Create Arts Center

130866 Create Arts Center 10/4 Tu 10:00am-12:00pm



**Mosaic Tray**

**Ages 13&Up:** Join us as we make this very special tray. Just perfect for your dresser, table or serving your favorite snacks. Begin with a wooden base and add tile and glass to complete. \$8 material fee due to instructor

**1 Session** **\$32.00**

Instructor: Donna Weeks

130222 Damascus CRC 11/5 Sa 10:00am-1:00pm

**Mosaic Fun for Two Days**

**Ages 13&Up:** This very popular class is expanded to two days. Discover how to use this ancient art form in its updated version. Learn to use tile, stained glass, mosaics and grout to create two projects for your home. Your first piece is a mirror/wall hanging. The next week, advance your skills by making this useful 12 inch table top (indoor/outdoor use) for your home. Instructor cuts the stained glass patterns and you will learn to cut glass into mosaic pieces. Tools, material and sources discussed. \$34 material fee due to instructor at first class. Bring a bag lunch.

**2 Sessions** **\$75.00**

Instructor: Donna Weeks

130713 Damascus CRC 10/1 Sa 11:00am-3:00pm

**Jewelry Basics**

**Ages 13&Up:** Learn the basics of making necklaces and bracelets from using crimp beads to choosing stringing material. Then make a double strand necklace. Once you know the basics, you can make your own one of a kind designs. Time available in the second day to make additional pieces. Bring small needle nosed pliers and wire cutters to class if you have them. \$15 material fee due to instructor.

**2 Sessions** **\$40.00**

Instructor: Donna Weeks

130221 Bauer Drive CC 11/2 W 7:00pm-9:00pm

**Wire Jewelry**

**Ages 13&Up:** Come join us and see how easy it is to work with jewelry wire to create your own unique designs. Learn to make jewelry using wire, beads and a few tools. Discover how to make spirals, cages and more to make a bracelet or necklace and matching earrings. Also learn how to make your own tools to work with jewelry wire. \$10 material fee due to instructor.

**2 Sessions** **\$40.00**

Instructor: Donna Weeks

130214 Damascus CRC 11/3 Th 6:30pm-8:30pm

**Beaded Bracelet and Earrings**

**Ages 13&Up:** Learn to use crimp beads and tools as well as choose beads and stringing materials. Design and make a bracelet in the first week and earrings in the second week. Time to make extra pieces in the second week. With just a few basic techniques you will be able to make a variety of earrings from easy to complex. \$12 material fee due to instructor.

**2 Sessions** **\$40.00**

Instructor: Donna Weeks

130216 Bauer Drive CC 10/5 W 7:00pm-9:00pm

**Bath and Beauty Products**

**Ages 13&Up:** Why spend all that money on products that you can create yourself for a fraction of the cost? Join us and learn to make your own bath salts, moisturizers, toners, body lotions, hand creams and more. Take home a basket full of products plus recipes so you can make more! \$18 material fee due to instructor.

**1 Session** **\$28.00**

Instructor: Donna Weeks

130263 Bauer Drive CC 11/30 W 7:00pm-9:00pm

**Beyond Bath and Beauty**

**Ages 13&Up:** This class goes to the next level and how to use essential oils, butters and simple ingredients to prepare your own beauty products. Make body butters, moisturizers, bath fizzies, body splashes and more to take home. Fun, simple to do and so economical! \$20 material fee due to instructor at first class.

**1 Session** **\$28.00**

Instructor: Donna Weeks

130213 Bauer Drive CC 9/28 W 7:00pm-9:00pm

**Dance for Youth**

To offer the highest quality program, child must be right age at start of class. Parents are requested to wait outside the room during class time.

**Preschool Dance by Jazzmatazz**

**Ages 3-4:** An introduction to dance through creative movement using a variety of musical styles that children love. Children must be potty trained. Leotards, tights and well fitted leather ballet slippers, in colors of your choice, are the dress requirements for class. Questions: e-mail Betsy Saunders at [betsy@jazzmatazz.net](mailto:betsy@jazzmatazz.net).

**10 Sessions** **\$75.00**

Instructor: Miss Betsy

129871 Long Branch CC 10/1 Sa 9:15am-10:00am

129872 Long Branch CC 10/1 Sa 10:15am-11:00am

Instructor: Miss Krissi

129873 Fairland CC 10/1 Sa 10:15am-11:00am

**Kinderdance**

**Ages 3-5:** Introduction to dance and group activity for young children emphasizing rhythm, coordination and dance. Ages 3-6 for classes at Potomac CC and Germantown.

**8 Sessions** **\$60.00**

Instructor: Denise Schattenberg

129864 Upper County CC 9/26 M 1:00pm-1:45pm

129870 Damascus CRC 9/27 Tu 1:00pm-1:45pm

129866 Longwood CC 9/29 Th 1:00pm-1:45pm

**10 Sessions** **\$75.00**

Instructor: Grace Oleson

129865 Potomac CC 9/27 Tu 3:30pm-4:15pm

129867 Germantown CC 9/29 Th 10:00am-10:45am

Instructor: Sandra Aresta

129868 Leland CC 9/21 W 3:30pm-4:15pm

129869 Leland CC 9/24 Sa 10:00am-10:45am

*Our dance classes introduce your child to a new world of creativity and fitness.*



### PreBallet by Jazzmatazz

**Grades K-1:** An introductory class that includes creative movement, beginning technical exercises, floor exercise and a performance dance. Leotards, tights and well fitted leather ballet slippers, in the colors of your choice, are the dress requirements for class. Questions: e-mail Betsy Saunders at [betsy@jazzmatazz.net](mailto:betsy@jazzmatazz.net)

**10 Sessions** **\$75.00**

Instructor: Miss Krissi

129913 Fairland CC 10/1 Sa 11:15am-12:00pm

Instructor: Miss Betsy

129914 Long Branch CC 10/1 Sa 11:15am-12:00pm

### Ballet

**Ages 5-8** at Potomac CC, **Ages 3-5** at Germantown. Introduction to the basic movements of ballet and its terminology.

**10 Sessions** **\$75.00**

Instructor: Grace Oleson

130815 Potomac CC 9/27 Tu 4:30pm-5:15pm

130816 Germantown CC 9/29 Th 11:00am-11:45am



### ★ Anna's Dance Sampler for Kids

**Ages 9-13:** Introduction to a sampling of international as well as American folk dancing. Emphasis will be on basic dance steps, dances, dance etiquette.

**10 Sessions** **\$75.00**

Instructor: Anna Pappas

131618 Germantown CC 9/27 Tu 3:45pm-4:45pm

### Tap, Ballet & Jazz with Parents

**Ages 4&Up:** Join the fun! Beginners: Parent and child receive instruction together. The fee is per person. A parent must register.

**8 Sessions** **\$60.00**

Instructor: Rowena DeLuca

130765 N Four Corners LP 9/17 Sa 11:00am-11:45am

### Tap, Ballet & Jazz

**Beginner:** A combination class introducing tap, ballet and jazz dance, emphasizing basic exercises, combinations, and creativity. Questions for DeLuca's class-call Rowena DeLuca at 301-593-0618 or e-mail [ladyrowena@aol.com](mailto:ladyrowena@aol.com).

**10 Sessions** **\$75.00**

Instructor: Rowena DeLuca

#### Ages 4-6:

129773 N Four Corners LP 9/17 Sa 8:00am-8:45am

129774 N Four Corners LP 9/17 Sa 9:00am-9:45am

129771 Longwood CC 9/22 Th 4:00pm-4:45pm

#### Ages 7-13:

129772 Longwood CC 9/22 Th 5:00pm-5:45pm

129775 N Four Corners LP 9/17 Sa 10:00am-10:45am

Instructor: Sandra Aresta

#### Ages 4-7:

129776 Leland CC 9/21 W 4:30pm-5:15pm

129777 Leland CC 9/24 Sa 11:00am-11:45am

### Tap, Ballet & Jazz-Intermediate

**Ages 6-14: Intermediate:** A continuing class for those who have taken the beginning level. Before registering contact instructor 301-593-0618 about clarification of placement.

**8 Sessions** **\$60.00**

Instructor: Rowena DeLuca

130763 N Four Corners LP 9/17 Sa 12:00pm-12:45pm

130764 Longwood CC 9/22 Th 6:00pm-6:45pm



### ★ Expressive Dance

**Ages 6-9:** Explore basic concepts of modern dance, and learn a set warm-up you can do at home, and create a short dance study to share with others. Wear comfortable clothing and be prepared to dance without shoes.

**8 Sessions** **\$60.00**

Instructor: Cynthia Word

130814 Leland CC 10/4 Tu 4:00pm-5:00pm



### ★ Improvisation/Choreography

**Ages 9-13:** In this class you will be introduced to simple and structured dance games that explore dance as a way of expression. In the last four sessions you will take some of your best ideas and learn two simple choreographic structures so that we can make our own dances.

**8 Sessions** **\$60.00**

Instructor: Cynthia Word

130813 Leland CC 10/4 Tu 5:00pm-6:00pm

## Dance for Adults

For further information, contact the instructor directly. Instructors: Joe Kim 301-774-3126, Paul Mola 301-315-6226, Tony Seleme 202-537-6739, Rebecca McKinney 202-669-7723, Thomas Woll, 703-591-3839.

### Tap Dance

#### Tap & Jazz for Adults

**Beginning Instruction** into Tap and Jazz for people over the age of 16. For further information, please call 301-593-0618 or email [ladyrowena@aol.com](mailto:ladyrowena@aol.com).

**10 Sessions** **\$75.00**

Instructor: Rowena DeLuca

131313 N Four Corners LP 9/17 Sa 1:00pm-1:45pm

*Dance can stimulate creativity and natural grace. Plus, it's fun!*



**Tap Dance for Adults**

**Beginner:** An introduction to the basics of tap and its terminology. For further information, please call 301-593-0618 or email [ladyrowena@aol.com](mailto:ladyrowena@aol.com).

**10 Sessions \$75.00**

Instructor: Rowena DeLuca

131316	Capital Vw-Hmwd LP	9/21	W	6:00pm-6:45pm
131317	Fairland CC	9/23	F	10:00am-10:45am

**Intermediate:** A continuation for anyone who has had the beginner class. For further information, please call 301-593-0618 or email [ladyrowena@aol.com](mailto:ladyrowena@aol.com).

**10 Sessions \$75.00**

Instructor: Rowena DeLuca

131318	Capital Vw-Hmwd LP	9/21	W	7:00pm-7:45pm
131319	Fairland CC	9/23	F	11:00am-11:45am

**Advanced:** For further information, please call 301-593-0618 or email [ladyrowena@aol.com](mailto:ladyrowena@aol.com).

**10 Sessions \$75.00**

Instructor: Rowena DeLuca

131314	Capital Vw-Hmwd LP	9/21	W	8:00pm-8:45pm
131315	Capital Vw-Hmwd LP	9/23	F	12:00pm-12:45pm

**Swing****Swing for Couples**

**Beginner:** Single and triple Swing. For further information, please call the instructor Rebecca McKinney at 202-669-7723 or Tony Seleme at 202-537-6739.

**10 Sessions \$129.00**

Instructor: Tony Seleme

131816	Argyle LP	9/29	Th	7:00pm-8:00pm
134664	Ken Gar	9/27	Tu	9:00pm-10:00pm

Instructor: Rebecca McKinney

131276	Holiday Park SrC	9/27	Tu	9:00pm-10:00pm
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**Ballroom****Ballroom for Singles & Couples**

**Beginner:** Students change partners frequently. Fee is per person

**8 Sessions \$52.00**

Instructor: Thomas Woll, Steve Greenblat

131363	N Four Corners LP	9/19	M	7:30pm-8:30pm
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**Ballroom for Couples**

**Couples Beginner:** Covers standard ballroom dance favorites. For further information please contact your instructor directly. Instructors: Joe Kim 301-774-3126, Paul Mola 301-315-6226, Tony Seleme 202-537-6739, Rebecca McKinney 202-669-7723, Thomas Woll, 703-591-3839.

**10 Sessions \$129.00**

Instructor: Tony Seleme

131171	Bauer Drive CC	9/26	M	7:00pm-8:00pm
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Instructor: Rebecca McKinney

131263	Bethesda ES	9/26	M	7:00pm-8:00pm
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**8 Sessions \$103.00**

Instructor: Thomas Woll, Ann Basso

131172	Glenmont LP	9/22	Th	7:00pm-8:00pm
131174	Upper County CC	10/5	W	6:30pm-7:30pm

**10 Sessions \$129.00**

Instructor: Paul Mola

131173	Leland CC	9/29	Th	7:30pm-8:30pm
131170	Sequoia HS	9/27	Tu	8:30pm-9:30pm

Instructor: Joe Kim

131369	Sherwood ES	9/30	F	7:30pm-8:30pm
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**Couples Intermediate:** Prerequisite: Beginner ballroom course. For further information please contact your instructor directly. Instructors: Joe Kim 301-774-3126, Paul Mola 301-315-6226, Tony Seleme 202-537-6739, Rebecca McKinney 202-669-7723, Thomas Woll, 703-591-3839.

**10 Sessions \$129.00**

Instructor: Tony Seleme

131266	Bauer Drive CC	9/26	M	8:00pm-9:00pm
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Instructor: Rebecca McKinney

131270	Bethesda ES	9/26	M	8:00pm-9:00pm
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**8 Sessions \$103.00**

Instructor: Thomas Woll, Ann Basso

131264	Glenmont LP	9/22	Th	8:00pm-9:00pm
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**10 Sessions \$129.00**

Instructor: Joe Kim

131265	Sherwood ES	9/30	F	8:30pm-9:30pm
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Instructor: Paul Mola

131267	Sequoia HS	9/27	Tu	7:30 pm-8:30pm
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**Intermediate/Advanced****8 Sessions \$103.00**

Instructor: Thomas Woll, Ann Basso

131366	Gwendolyn Coffield CC	9/20	Tu	8:00pm-9:00pm
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Instructor: Paul Mola

131365	Leland CC	9/29	Th	8:30pm-9:30pm
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**Advanced:** For further information please contact your instructor directly. Instructor: Thomas Woll, 703-591-3839.

**8 Sessions \$103.00**

Instructor: Thomas Woll, Ann Basso

131373	Glenmont LP	9/22	Th	9:00pm-10:00pm
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*From tap dance to salsa, from bhanga to swing, you can visit the world of dance in our classes.*

**Ballroom Practice & Party**

**Beginner/low Intermediate:** Learn ballroom variations the first hour and then add to your enjoyment with a two-hour practice and party. Two potluck dinners during the course. \$20 per couple parties set-up fee due to instructor. For further information please contact Tony Seleme at 202-537-6739.

**10 Sessions \$185.00**

Instructor: Tony Seleme

131820	Holiday Park SrC	9/30	F	7:00pm-10:00pm
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**Wedding Dances**

**Beginner:** Learn dance routines for that blissful occasion: Foxtrot, Swing, and Waltz.

**8 Sessions** **\$103.00**

Instructor: Thomas Woll

131275 Upper County CC 9/21 W 7:30pm-8:30pm

**10 Sessions** **\$129.00**

Instructor: Rebecca McKinney

131274 Holiday Park SrC 9/27 Tu 8:00pm-9:00pm

**Folk Dance****Anna's Dance Party**

**Beginner/Intermediate:** Learn how they party around the world. Lines, squares, circles and bunches. Come and have fun. Questions: Call Anna Pappas at 301-814-0435.

**10 Sessions** **\$66.00**

Instructor: Anna Pappas

131863 TBA 9/30 F 7:30pm-8:30pm

**Bhangra**

**Beginner/Intermediate:** Enjoy and learn the latest dance craze. Bhangra is a vigorous and rhythmic dance for social parties. Questions: Call Kumud Mathur at 301-365-5231.

**10 Sessions** **\$66.00**

Instructor: Kumud Mathur

131866 Potomac CC 9/20 Tu 8:00pm-9:00pm

**NEW Bollywood Dance**

**Ages 13&Up:** Bollywood style dancing is the latest craze. Bollywood is named after a Bombay that produces 900 musical movies every year. Each movie has 3 to 4 choreographed hip hop style dances mixed with classical and folk dances of India. These are set to very catchy tunes with romantic lyrics and fast beat. Questions: Call Kumud Mathur at 301-365-5231.

**10 sessions** **\$66.00**

Instructor: Kumud Mathur

134713 Robert Frost MS 9/19 M 7:30 to 8:30

**International**

**Beginner/Advanced:** The first part of class will help beginners experience the culture, music and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more. The intermediate/advanced level dancers add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and other countries. Questions: Call Phyllis Diamond at 301-871-8788 or email [diamonddancecircle@comcast.net](mailto:diamonddancecircle@comcast.net)

**13 Sessions** **\$83.00**

Instructor: Phyllis Diamond

131166 Leland CC 9/12 M 7:30pm-10:00pm

**Middle Eastern**

**Beginner/Intermediate:** Using dance steps and movements passed down through the ages tone muscles with this unique method of figure control. Leotard and tights recommended. Questions: Call Anna Pappas at 301-814-0435.

**10 Sessions** **\$66.00**

Instructor: Anna Pappas

131864 Potomac CC 9/26 M 7:30pm-8:30pm

**Latin Dance****Hustle**

For all dancers that want to spice up their dancing repertoire. Learn or perfect this fun popular dance.

**10 Sessions** **\$129.00**

Instructor: Tony Seleme

131819 Argyle LP 9/29 Th 9:00am-10:00am

**Latin Survival Dance**

Learn to survive on the dance floor for the Latin rhythm dances including Cha Cha, Merengue, Salsa, Rumba. May occasionally change partners.

**8 Sessions** **\$53.00**

Instructor: Thomas Woll

131372 Upper County CC 10/5 W 8:30pm-9:30pm

**Salsa for Couples**

**Beginner:** This is a hot dance that is on the rise worldwide. For further information please call the instructor Rebecca McKinney at 202-669-7723 or Tony Seleme at 202-537-6739.

**10 Sessions** **\$129.00**

Instructor: Tony Seleme

131273 Argyle LP 9/29 Th 8:00pm-9:00pm

Instructor: Rebecca McKinney

131272 Holiday Park SrC 9/27 Tu 7:00pm-8:00pm

**Salsa for Singles & Couples**

**Beginner:** Students change partners frequently. The instructors Tom Woll/Anne Basso may be reached for further information on 703-591-3839. Course is designed for Singles and Couples. Fee is per person.

**8 Sessions** **\$53.00**

Instructor: Thomas Woll, Steve Greenblat

131364 N Four Corners LP 9/26 M 8:30pm-9:30pm

## Tango

**Beginner/Intermediate:** American Tango. For further information the instructor, Rebecca McKinney may be reached at 202-669-7723.

**10 Sessions** **\$129.00**

Instructor: Rebecca McKinney

131271 Bethesda ES 9/26 M 9:00pm-10:00pm

## Latin Salsa & Merengue

**Beginner:** These dances are on the rise worldwide. Includes partner and, free style dance. Joe Kim may be reached at 301-774-3126.

**10-sessions** **\$64.00**

134363 Barnsley ES 9/28 7:30 pm-8:30pm

135364 Longwood CC 9/29 7:30 pm-8:30pm

**Intermediate/Advanced:** Students change partners frequently. Joe Kim may be reached at 301-774-3126.

**10-sessions** **\$64.00**

135365 Barnsley ES 9/28 8:30 pm-9:30pm

## Modern Dance

### Modern Dance Workshop

**Adults:** For the adult that would like to sample the basic concepts of modern dance. The class will nurture creativity by providing opportunity to explore dance through an experiential process. Students should wear comfortable clothing and be prepared to dance without shoes.

**1 Session** **\$15.00**

Instructor: Word Dance Theater

133674 Leland CC 9/24 Sa 11:00am-1:00pm

133672 Leland CC 9/27 Tu 7:00pm-9:00pm

### Modern Dance

Students are introduced to the basic concepts of modern dance and the exploration of expression through body movement. Gravity, breath, contraction and release are covered. Stretch and strengthen through warm-ups, learn movement during across the floor, standing, and seated sections, and work on simple dance phrases. Students should wear comfortable clothing and be prepared to dance without shoes.

**8 Sessions** **\$60.00**

Instructor: Word Dance Theater

131413 Leland CC 10/4 Tu 7:00pm-8:00pm

## Seniors

### Latin Beginner

Popular dances such as the Paso Doble, Cha-Cha, Rumba, Merengue, Beginner: Cumbia, Porro, Paseo, Samba and more. Changing partners is a requirement. Questions: Call Gracie Bryan at 301-949-5847.

**10 Sessions** **\$35.00**

Instructor: Graciela Bryan

133066 Holiday Park SrC 9/29 Th 2:30pm-3:30pm

### Folk Square

**Beginner:** Introduction to Folk Square Dancing. Questions: Call Betsy Taylor at 301-589-4868.

**10 Sessions** **\$50.00**

Instructor: Betsy Taylor

133069 Long Branch CC 9/20 Tu 8:00pm-9:30pm

**Tip for a healthier life:**

Stay active to prevent bone loss.



## Performing Group Show

**Intermediate/Advanced Show:** Approval of the instructor needed. Questions: Call Frank Robson at 301-572-4975.

**10 Sessions** **\$35.00**

Instructor: Frank Robson

133065 Holiday Park SrC 9/29 Th 2:30pm-3:30pm

Instructor: Anne Berk

133073 Holiday Park SrC 9/27 Tu 10:00am-11:00am

## Folk Square Plus 1

For those who have completed Mainstream 1 and 2. Questions: Call Betsy Taylor at 301-589-4868.

**10 Sessions** **\$35.00**

Instructor: Betsy Taylor

133070 Schweinhaut SrC 9/22 Th 11:10am-12:10pm

**10 Sessions** **\$50.00**

Instructor: Betsy Taylor

133071 Argyle LP 9/28 W 7:30pm-9:00pm

## Folk Square-Seniors

**Beginner:** A favorite throughout the country for fun, exercise, and making friends. Newcomers welcome. Questions: Call Betsy Taylor at 301-589-4868.

**10 Sessions** **\$35.00**

Instructor: Betsy Taylor

133072 Schweinhaut SrC 9/22 Th 10:10am-11:10am

## Music

See *Tiny Tots* for other music offerings.

## Exploring Music and Piano Level IA

**Ages 5-10:** A progressive program for the older participant. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants use. Adult participation is required and children should have access to a piano for practice outside of class. \$10 material fee due to instructor.

**12 Sessions** **\$245.00**

Instructor: Music for Life

133779 Bethesda Reg Lib 9/26 M 5:00pm-6:15pm



### Guitar Level I

**Ages 9&Up:** Beginner: Tune up and start playing your favorite songs without learning how to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. \$14 material fee (132170 only) due to the instructor at the first class covers an instructional songbook. Please bring a fully strung guitar (preferably acoustic), electronic tuner (for class 132171 and 132177, please substitute a tuning fork) and a pencil. Questions? Call Brian Gross at 301-320-6999 or Kevin Hayton at 240-430-1017.

**8 Sessions** **\$108.00**

Instructor: Brian Gross

132170	Tilden MS	9/20	Tu	7:00pm-8:15pm
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Instructor: Kevin Hayton

132171	Fairland CC	9/21	W	7:00pm-8:15pm
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132177	Upper County CC	9/22	Th	7:00pm-8:15pm
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### Guitar Level II

**Ages 9&Up:** Learn more songs and new chords including barre and power chords, and left hand techniques. \$20 material fee due to instructor covers instructional book, additional packet of songs and handouts. Please bring a fully strung guitar, electronic tuner (class 132186 substitute a tuning fork) and pencil. New students with applicable experience/knowledge welcome. Questions: Call Brian Gross at 301-320-6999 or Kevin Hayton at 240-430-1017.

**8 Sessions** **\$108.00**

Instructor: Brian Gross

132185	Tilden MS	9/20	Tu	8:15pm-9:30pm
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Instructor: Kevin Hayton

132186	Fairland CC	9/21	W	8:15pm-9:30pm
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### Voice Level I

**Ages 12&Up:** Beginner: Fundamentals of singing taught with emphasis on breathing, range extension, pitch support and interpretation. Attention to voice placement and singing without stress. Questions? Email [lovestoteachmusic@yahoo.com](mailto:lovestoteachmusic@yahoo.com)

**6 Sessions** **\$51.00**

Instructor: Alison Leadbetter-Hines

132165	Tilden MS	10/5	W	7:30pm-8:30pm
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### Voice Level II

**Ages 12&Up:** Prerequisite: Level I with Leadbetter-Hines. Last class will be a recital with date, time and location TBA.

**7 Sessions** **\$60.00**

Instructor: Alison Leadbetter-Hines

132169	Tilden MS	10/5	W	8:30pm-9:30pm
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## Cooking

All cooking classes have limited class size. Register early to avoid disappointment. See *Youth Arts & Crafts* for Cake Decorating classes.



### Family Chefs

**Ages 4-15:** 'One Bite Won't Hurt You!' Cooking facts and fun based on the successful Tiny Hands Chefs classes. Tired of microwave fast foods? Simplistic ingredients are combined to create mouth watering dishes that everyone will love! Come create, consume and of course, clean up in this exciting class that makes food preparation a 'family affair'. Parent participation required. \$35 family cooking fee (covers parent and one child's materials) due to instructor. Price is per child, no charge for parent participation.

**6 Sessions** **\$54.00**

Instructor: Abigail Dion

130564	Longwood CC	10/11	Tu	4:15pm-5:15pm
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130565	Bauer Drive CC	10/12	W	4:15pm-5:15pm
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### New Wine Instruction Classes

Introducing a new series of wine instruction classes that uniquely pairs food preparation with wine tasting. Attributes and origins of the wine discussed in detail as well as how the wine pairs with selected foods. Review of proper ways to serve wine. Wine chosen on availability but if new wines become available they may be substituted. Wine samples provided, no refund or allowances if you elect to refuse food or wine. Picture ID for proof of age 21 required at class.



### Food & Wine Pairing 1

**Ages 21&Up:** Delight in the taste of fine wines and gourmet foods made by you! Prepare three food items and sample three wine selected to pair with the food. Attributes of the wine and food discussed in detail. Menu: Sesame tuna rounds with wasabi slaw paired with a California Riesling; herb and ham stuffed with zucchini with a French Sancerre and bison chili tarts paired with a Spanish Rioja. Take home recipes. \$12 food fee due to instructor. All participants are required to show proof of age. Plan to arrive on time or early.

**1 Session** **\$63.00**

Instructor: James Davis

130417	Ross Boddy CC	10/28	F	7:00pm-10:00pm
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*Learn to play  
your favorite  
songs in our  
guitar class.*



**★NEW★ Food & Wine Pairing 2-West Coast**

**Ages 21&Up:** Travel to the taste of the West Coast. Prepare three food items and sample three wine selected to pair with the food. Attributes of the wine and food discussed in detail. Menu: A Chenin Blanc (California's best kept secret) will be paired with smoked scallop appetizers, an Oregon Pinot Noir will be served with a salmon and cucumber dish (seafood with red wine) and Coq a Vin with a California 'Cab' that will surprise you as well as knock your socks off! Take home recipes. \$12 food fee due to instructor. Proof of age required. Please arrive on time or a little early.

**1 Session \$63.00**

Instructor: James Davis

130418 Ross Boddy CC 11/11 F 7:00pm-10:00pm

**★NEW★ Food & Wine Pairing 3 Australia**

**Ages 21&Up:** Now we go to Australia to sample wines from down under. Prepare three food items and sample three wines selected to pair with the food. Attributes of the wine and food discussed in detail. Menu: A Sauvignon Blanc will be paired with a spicy chicken chili, a Chardonnay with a caramelized onion and gruyere tart and a Shiraz with lamb lollipops (world's best lamb appetizer!) \$12 food fee due to instructor at class. Please arrive on time. Proof of age required.

**1 Session \$63.00**

Instructor: James Davis

130563 Ross Boddy CC 12/9 F 7:00pm-10:00pm

**Be Your Own Personal Chef!**

**Ages 15&Up:** Learn the secrets of 'fix ahead food'. Cook with the experts and learn how to prepare 2 weeks of meals at one time. See how to schedule every-other Saturday cooking day, shop, cook, package, label, and store a 2 week supply of really good food for your family. A heavy emphasis will be placed on organization, food safety, and safe food storage. Take home recipes for 2 weeks worth of meals including side dishes. A \$12 food fee is due to the instructor at the beginning of class. A full participation class, bring your appetite, as each class eats what they fix!

**1 Session \$63.00**

Instructor: James Davis

130314 Ross Boddy CC 9/17 Sa 10:30am-2:30pm

130315 Ross Boddy CC 11/19 Sa 10:30am-2:30pm

**★NEW★ Oriental Wraps**

**Ages 15&Up:** Pork pot stickers, spring rolls with chicken and shrimp summer rolls, all with homemade accompaniments. Work with a variety of oriental pastries and noodles, and learn the necessary techniques to assemble all of these special items. We eat what we fix so come prepared for dinner. Take home recipes. \$12 food fee due to instructor.

**1 Session \$48.00**

Instructor: James Davis

130317 Ross Boddy CC 9/27 Tu 7:00pm-9:30pm

**Intermediate Cooking Skills**

**Ages 15&Up:** A participation class with an emphasis on improving your cooking skills! Make focaccia (Italian Flat Bread), chicken paprika and green beans with tomatoes and shallots and finish with a special dessert. We eat what we fix! Take home recipes. \$12 food fee due to instructor.

**1 Session \$48.00**

Instructor: James Davis

130318 Ross Boddy CC 10/8 Sa 10:30am-1:30pm

**★NEW★ Eggs, Four Ways**

**Ages 15&Up:** Quiche, frittata, a variety of omelets and creme brulee! One of our most versatile food combined in different ways for a wide variety of tastes, textures and treatments. Come with an appetite because we eat what we fix. Take home recipes. \$12 food fee due to instructor.

**1 Session \$48.00**

Instructor: James Davis

130363 Ross Boddy CC 10/11 Tu 7:00pm-9:00pm

**★NEW★ Really Vegetarian**

**Ages 15&Up:** By popular demand: simple to prepare and tasty meatless dishes are featured in this brand new class. vegetable lasagna, meatless spicy chili and stuffed portabella mushrooms are featured, and we'll make our own vegetable stock for use in class. Bring an appetite because we eat what we fix. Take home recipes. \$12 food fee due to instructor.

**1 Session \$48.00**

Instructor: James Davis

130364 Ross Boddy CC 10/22 Sa 10:30am-1:30pm

**★NEW★ All Gourmet**

**Ages 15&Up:** A hands on class with recipes from Gourmet Magazine. Recipes that you can prepare at home and prove that you can be a gourmet cook without really trying. Sugar snap pea and cucumber salad, Poulet A La Fermiere (farm wife's bounty from Chez Maitre Paul, Paris Bistro), zucchini in pecan brown butter with a tarte tatin for dessert. Bring an appetite because we eat what we fix. Take home recipes. \$12 food fee due to instructor.

**1 Session \$48.00**

Instructor: James Davis

130365 Ross Boddy CC 10/25 Tu 7:00pm-9:30pm

**Basic Cooking Skills**

**Ages 15&Up:** A participation class where you learn to cook by doing. Learn knife skills, how to read and follow a recipe and how to buy kitchen equipment including pots, pans and knives. Cooking basics covered include how to saute, sweat, roast and blanch. Menu: Peach glazed chicken breast, roasted potatoes, and berry empanadas. \$12 food fee due to instructor.

**1 Session \$48.00**

Instructor: James Davis

130316 Ross Boddy CC 10/29 Sa 10:30am-1:30pm





### Knife Skills (Honing your Cooking)

**Ages 18&Up:** A full participation class. You may use our knives, bring your own or buy from a selection we will have available. You will learn how to purchase a knife, how to care for them, how to hone and sharpen them and more importantly, how to use them safely and properly. Cut up various vegetables and fruits as well as learn to cut up a chicken. Prepare lunch, so bring an appetite. \$12 food fee due to instructor.

**1 Session \$48.00**

Instructor: James Davis

130413 Ross Boddy CC 11/5 Sa 10:30am-1:30pm

### Real Comfort Foods

**Ages 15&Up:** This is a real comfort food dinner... Swiss steak (just the way Mom did it), real mashed potatoes, wedge salad with homemade blue cheese dressing and rice pudding for dessert. Take home recipes. \$12 food fee due to the instructor.

**1 Session \$48.00**

Instructor: James Davis

130414 Ross Boddy CC 11/8 Tu 7:00pm-9:30pm

### Holiday Gifts

**Ages 15&Up:** By special request from our students, we will show you how to prepare attractive food oriented gifts for holiday gift giving. Cookies, soup mix in a jar, salsa and few other goodies fill out your holiday gift list. Plenty to eat, so bring an appetite and come ready to have a good time! Take home recipes. \$12 food fee is due to instructor at class.

**1 Session \$48.00**

Instructor: James Davis

130415 Ross Boddy CC 12/3 Sa 10:30am-1:30pm



### ★ That's a Wrap!

**Ages 15&Up:** A participation class where you learn by doing. Create lettuce wrap, Mexican wraps, American grill wraps and ravioli (Italian Wrap!). We eat what we fix so come prepared for dinner. Take home recipes. \$12 food fee due to instructor.

**1 Session \$48.00**

Instructor: James Davis

130416 Ross Boddy CC 12/6 Tu 7:00pm-9:30pm

## Exercise & Fitness for Youth

### Baton 1

**Ages 5-12 Beginner:** Fundamental twirling, marching, and basic dance techniques. Batons for class use are provided by instructor, however, purchase is recommended. Custom fit batons may be ordered at first class. Participants will demonstrate their skills in an informal parent performance at last class. Questions: Call Juli Duda at 301-865-5553.



### 10 Sessions

**\$61.00**

Instructor: Julianna Duda and staff

132421	Clarksburg ES	9/19	M	3:45pm-4:30pm
132418	Resnik, Judith A. ES	9/19	M	6:00pm-6:45pm
132419	Ride, Dr. Sally K. ES	9/20	Tu	6:15pm-7:00pm
134586	Damascus CRC	9/21	W	4:00pm-4:45pm
134513	Germantown CC	9/21	W	6:00pm-7:00pm
132425	Potomac CC	9/22	Th	4:00pm-4:45pm

### The Ultimate Boxing Workout for Youth

**Ages 7-15 Beginners-Advanced Students:** Introduction to a boxer's workout designed to teach students eye, hand and foot coordination. Through this unique fitness program students develop discipline, gain confidence and have fun. No physical contact. Instructor is a professional boxer and current kickboxing champion with 25 years experience.

### 8 Sessions

**\$66.00**

Instructor: Larry Johnson

134215 Upper County CC 9/20 Tu 5:45pm-7:00pm



### Cheerleading 1

**Ages 5-13 Beginner:** Don't miss this exciting 4 week cheerleading program! Students will learn new cheers and chants, proper motions, tumbling, safe stunting, and dynamic choreography. Questions: Call Phil Brudner at 301-831-6665.

### 4 Sessions

**\$71.00**

Instructor: Philip Brudner

134464	Germantown CC	9/13	Tu	5:00pm-7:00pm
134463	Olney ES	9/19	M	5:00pm-7:00pm
134465	Potomac CC	10/25	Tu	4:00pm-6:00pm

*Tired of making the same old thing for dinner? Spice up your cooking with one of our cooking classes.*

**Junior Jazzercise**

**Ages 5-11:** Specialized noncompetitive dance fitness program for children. Benefits cardiovascular fitness, basic dance techniques, flexibility and coordination. Participants should wear loose clothes and tennis shoes. Questions: Call Jennifer Sambataro at 301-916-3533.

**10 Sessions \$72.00**

Instructor: Jennifer Sambataro

132264 Poolesville ES 9/16 F 3:20pm-4:05pm

## Fitness, Exercise & Wellness

Advertised class lengths include set-up and take-down time. Actual instruction time may be less. Class sessions cancelled will be made up by adding extra dates, extra time to each session, or attending alternate locations of the same program.

**A.C.T. The Workout**

**Ages 16&Up:** A vigorous easy to follow coed class. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. Bring hand and/or ankle weights (optional). Designed to enable self pacing for those who wish to work at low impact steps. Heart rates monitored throughout the hour.

Plan your workout around your schedule and attend any class at any location where you want. Register at any time and take your receipt to any class location below to pick up your session pass from the instructor. The pass is good for the specified number of sessions purchased at any ACT location listed below for 3 months following registration.

Class Locations	Days	Times:
Wheaton Community Center	M, W,	6:00-7:00pm
Wheaton Community Center	T,Th,	6:00-7:00pm
Bauer Drive Community Center	M, W,	5:00-6:00pm
Fairland Community Center	M,W	7:00-8:00pm
East County Community Center	T,Th	7:00-8:00pm
Potomac Community Center	T,Th	7:00-8:00pm
Wheaton Community Center	Sat	9:00-10:00am
Potomac Community Center	Sat	9:00-10:00am
Wayside Elementary School	Sun	9:30-10:30am

**36 Session Pass (best for 3 days/week) \$145.00**

Instructor: Company Staff: Castellucci Inc.

132176 ACT TBA 9/1 Th, Sa, Su, M, Tu, W 6:00pm-8:00pm

132178 ACT TBA 10/1 M, Tu, W, Th, Sa, Su 5:00pm-10:00am

**24 Session Pass (best for 2 days/week) \$100.00**

Instructor: Company Staff: Castellucci Inc.

132172 ACT TBA 9/1 Th, Sa, Su, M, Tu, W 6:00pm-8:00pm

132173 ACT TBA 10/1 Sa, Su, M, Tu, W, Th 9:00am-8:00pm

**18 Session Pass (best for 1-2 days/week) \$80.00**

Instructor: Company Staff: Castellucci Inc.

132167 ACT TBA 9/1 Th, Sa, Su, M, Tu, W 6:00pm-8:00pm

132168 ACT TBA 10/1 Sa, Su, M, Tu, W, Th 9:00am-8:00pm

**12 Session Pass (best for 1 day/week) \$60.00**

Instructor: Company Staff: Castellucci Inc.

132163 ACT TBA 9/1 Th, Sa, Su, M, Tu, W 6:00pm-8:00pm

132164 ACT TBA 10/1 Sa, Su, M, Tu, W, Th 9:00am-8:00pm

132166 ACT TBA 11/1 Tu, W, Th, Sa, Su, M 6:00pm-8:00pm

**Aerobic Kickboxing by TKA**

**Ages 16&Up:** A super charged coed fitness program offering a cardiovascular and muscular strength workout. Get fit and have fun doing it! No equipment required. A noncontact fitness oriented class with Black Belt instructors.

**10 Sessions \$56.00**

Instructor: Company Staff: TKA, Inc.

134201 Germantown CC 9/26 M 6:00pm-7:00pm

134200 Bauer Drive CC 9/27 Tu 6:00pm-7:00pm

134202 Germantown CC 9/28 W 6:00pm-7:00pm

**Ballet Exercise**

**Ages 16&Up:** Stretching, toning, balance, coordination and low impact cardio workout to classical music. Increase energy and flexibility, improve posture and body awareness. Wear comfortable clothing. Bring light hand weights a mat, soft ballet shoes (or barefeet) and tennis shoes. Instructor: former professional dancer, ACE certified, owner Fitness Care LLC and 25 years experience.

**10 Sessions \$56.00**

Instructor: Esther Kish

132263 Luxmanor ES 9/13 Tu 7:15pm-8:15pm

**Bio Aerobics Cardio Fit High/Low**

**Ages 16&Up (Ages 13-16 if accompanied by a parent/guardian):** A complete High/Low Impact fitness program to condition the cardiovascular system and tone and strengthen muscle groups through easy to learn choreographed dances. Participant can choose fitness level. Body sculpting included. Member IDEA and CPR certified instructors.

**14 Sessions \$58.00**

Instructor: Company Bio Aerobics Inc.

134263 Germantown CC 9/12 M, Th 7:00pm-8:00pm

**7 Sessions \$29.00**

Instructor: Company Bio Aerobics Inc.

134266 Germantown CC 9/17 Sa 9:30am-10:30am

**12 Sessions \$50.00**

Instructor: Company Bio Aerobics Inc.

134313 Germantown CC 11/7 M, Th 7:00pm-8:00pm

**6 Sessions \$25.00**

Instructor: Company Bio Aerobics Inc.

134314 Germantown CC 11/5 Sa 9:30am-10:30am

**Bio Cardio Fit Half Hour Workout**

**Ages 16&Up (Ages 13-16 if accompanied by a parent/guardian):** Thirty packed minutes of Bio's regular aerobics. Use it alone or as a complement to the Tone & Firm class.

**14 Sessions \$29.00**

Instructor: Company Bio Aerobics Inc.

134265 Briggs Chaney MS 9/13 Tu, Th 7:30pm-8:00pm

**12 Sessions \$25.00**

Instructor: Company Bio Aerobics Inc.

134316 Briggs Chaney MS 11/8 Tu, Th 7:30pm-8:00pm

*Get off the couch and into one of our fitness classes. We have something for everyone.*



**Bio Aerobics Tone & Firm**

**16&Up (Ages 13-16** if accompanied by a parent/guardian): Increase flexibility; improve total body appearance; strengthen and tone abdominal, thighs and buttocks. Perfect for primary mat/floor exercise and to complement your regular aerobics program. Resistance devices optional.

**14 Sessions** **\$58.00**

Instructor: Company Bio Aerobics Inc.

134264 Briggs Chaney MS 9/13 Tu, Th 8:00pm-9:00pm

**12 Sessions** **\$50.00**

Instructor: Company Bio Aerobics Inc.

134315 Briggs Chaney MS 11/8 Tu, Th 8:00pm-9:00pm

**The Ultimate Boxing Workout**

**Beginners thru Advanced Students Ages 16&Up:**

Introduction to a boxers workout and continued skill development. Teaches students offense and self defense techniques allowing students to gain confidence and improve skill level by working at several skill stations. No physical contact.

**8 Sessions** **\$66.00**

Instructor: Larry Johnson

134212 Fairland CC 9/17 Sa 10:00am-11:15am

134213 Upper County CC 9/20 Tu 5:45pm-7:00pm

**Dynamic Ab Workout**

**Age 13&Up:** Improve cardiovascular fitness, strengthen abdominal region, burn calories through a fun aerobic workout. Learn stretches, crunches and exercises that will focus on Abs. Use of medicine ball and abdominal exercise equipment.

**8 Sessions** **\$41.00**

Instructor: Larry Johnson

134214 Fairland CC 9/17 Sa 12:30pm-1:15pm

134216 Upper County CC 9/20 Tu 7:00pm-7:45pm

**Dance & Fitness**

**Ages 16&Up:** Complete cardiovascular aerobic workout for those who love music and movement. Includes flexibility and leg routines leading into a full aerobic workout and final cool down, weights, abdominal work and cool down stretch. Varied music and interesting choreography from trained, experienced and CPR certified instructors. Wear supportive athletic shoes and bring a mat/blanket, and hand weights (optional).

**24 Sessions** **\$98.00**

Instructor: Karen Hutchinson

132613 Bannockburn ES 9/12 M, W 6:00pm-7:00pm

Instructor: Elaine Waldstreicher

132616 Glenallan ES 9/12 M, W 7:30pm-8:30pm

Instructor: Trish Watkins

132733 Tilden MS 9/12 M, W 7:00pm-8:00pm

Instructor: Consie Mote

132620 Leland CC 9/13 Tu, Th 9:15am-10:15am

Instructor: Lois Schneider Antos

132617 Veirs Mill LP 9/13 Tu, Th 9:30am-10:30am

Instructor: Virginia Azuree

132731 Bauer Drive CC 9/13 Tu, Th 4:15pm-5:15pm

Instructor: Kathryn Wiemers

132734 Rock View ES 9/13 Tu, Th 7:30pm-8:30pm

Instructor: Alice Donnelly

132732 Potomac CC 9/13 Tu, Th 6:00pm-7:00pm

**Dance & Fitness Add a Class**

Pre-requisite: You must be registered in a regular twice a week *Dance & Fitness* class during the same season to sign up for this class.

**12 Sessions** **\$49.00**

Instructor: Kathryn Wiemers

132759 Veirs Mill LP 9/17 Sa 9:00am-10:00am

**Definitions Strength Training**

**Ages 16&Up:** Gain body strength, flexibility and endurance using free weights. Learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Instructor has BA in Phys. Ed. and is ACE and CPR certified. Perfect for beginners and intermediates.

**26 Sessions** **\$130.00**

Instructor: Juliet Rodman

134287 Clara Barton CC 9/13 Tu, Th 7:00pm-8:00pm

Instructor: Carolyn Evans

134286 Clara Barton CC 9/13 Tu, Th 9:15am-10:15am

**Definitions Low Impact Aerobics**

**Ages 16&Up:** Get your heart rate up and the best of low impact aerobics! Join Judy Brook's choreography based, fun and creative one-hour class. Teaching level is beginner to intermediate. Be prepared to enjoy yourself and workout at the same time.

**28 Sessions** **\$140.00**

Instructor: Judy Brookes

134285 Clara Barton CC 9/12 M, F 9:15am-10:15am

**Definitions Mat Pilates**

**Ages 16&Up:** A series of 34 exercises designed to improve overall body strength, balance, flexibility and core abdominal muscles. Rhythmic breathing taught to enhance exercise flow and mind/body connection. Bring mat/towel. Instructor ACE and CPR certified.

**26 Sessions** **\$130.00**

Instructor: TBA TBA

134288 Clara Barton CC 9/13 Tu, Th 8:15am-9:15am

*We have  
classes for  
all sizes and  
shapes...  
one of them  
is perfect  
for you.*

**Dynaerobics**

**Coed fitness Ages 16&Up:** A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel.

**28 Sessions \$130.00**

Instructor: Lee Berry

133125 Wyngate ES 9/12 M, W 6:00pm-7:00pm

Instructor: Nancy Dameron

133126 Cloverly ES 9/12 M, W 6:30pm-7:30pm

Instructor: Gail Oring

133127 Bauer Drive CC 9/6 Tu, Th 6:00pm-7:00pm

**14 Sessions \$65.00**

Instructor: Regina Gaither

133129 Bauer Drive CC 9/10 Sa 10:00am-11:00am

**Dynaerobics Body Challenge**

**Ages 16&Up:** A full 75 minutes of coed fitness. Includes high and low impact aerobics plus body sculpting, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel.

**28 Sessions \$163.00**

Instructor: Lee Berry

133148 Bauer Drive CC 9/6 Tu, Th 7:00pm-8:15pm

**Dynaerobics Body Sculpting**

**Ages 16&Up:** A serious workout to firm all major muscle groups. Special attention given to the abdominal, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional.

**28 Sessions \$130.00**

Instructor: Regina Gaither

133149 Tilden MS 9/12 M, W 6:00pm-7:00pm

**14 Sessions \$65.00**

Instructor: Regina Gaither

133150 Bauer Drive CC 9/10 Sa 11:00am-12:00pm

**Fitness Workouts: Golf Conditioning**

**Ages 12&Up:** A thirty minute workout for the serious and recreational golfer looking to improve their game and reduce common injuries. Includes strength training, agility, hand/eye coordination exercises, abdominal strengthening and stretching. Instructor is a certified personal trainer.

**6 Sessions \$53.00**

Instructor: Douglas Schwanke

134284 Potomac CC 9/10 Sa 10:00am-10:30am

**Fitness Workouts: Abs & Stretching**

**Ages 12&Up:** A half hour class designed to strengthen the abdominal muscles using ball exercises, functional training and pilates. Stretching is included to improve range of motion and prevention of injury.

**6 Sessions \$53.00**

Instructor: Douglas Schwanke

134283 Potomac CC 9/10 Sa 10:30am-11:00am

**Small Group Intro to Weight Training**

**Ages 16&Up:** Small group introductory instruction designed to teach individuals safe and effective exercises that work all major muscle groups using machines, free weights and dumbbells. Assistance in developing a personal program for you to continue on your own. Certified Trainers.

**4 Sessions \$69.00**

Instructor: Fred Mosby

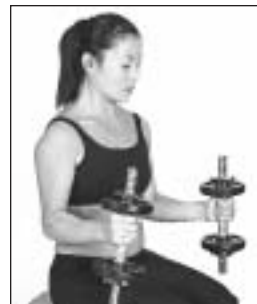
134278 Damascus CRC 9/14 W 7:15pm-8:15pm

134277 Germantown CC 10/27 Th 7:00pm-8:00pm

**4 Sessions \$69.00**

Instructor: Douglas Schwanke

134276 Potomac CC 9/17 Sa 11:00am-12:00pm

**Small Group Weight Room Orientation**

**Ages 16&Up:** Small group instruction designed to teach weight room etiquette, demonstrate safe and effective use of equipment, weights and dumbbell and effective exercises that work all major muscle groups. Certified Trainers.

**1 Session \$38.00**

Instructor: Douglas Schwanke

134271 Leland CC 9/19 M 6:30pm-7:30pm

134272 Gwendolyn Coffield CC 10/3 M 6:30pm-7:30pm

134280 Upper County CC 10/10 M 6:30pm-7:30pm

134273 Fairland CC 10/24 M 6:30pm-7:30pm

Instructor: Fred Mosby

134274 Germantown CC 9/12 M 6:30pm-7:30pm

134275 Damascus CRC 9/19 M 6:30pm-7:30pm

**Jacki Sorensen's Aerobic Dance**

**Ages 16&Up:** Complete, safe, effective and fun fitness program that burns calories and increases flexibility, strength and endurance. All routines are adaptable to low impact and low intensity levels through self pacing. Heart rate monitoring and 'on your feet' muscle strengthening with Vertiform. Bring mat and hand and/or ankle weights (optional).

**12 Sessions \$67.00**

Instructor: Karin Baker

130664 Potomac CC 9/13 Tu 9:00am-10:00am

130665 Potomac CC 9/15 Th 9:00am-10:00am

Instructor: Edel Cottle

130663 Gwendolyn Coffield CC 9/13 Tu, Th 7:00pm-8:00pm

130670 Gwendolyn Coffield CC 11/1 Tu, Th 7:00pm-8:00pm

**Jacki Sorensen's Aerobic Workout**

**Ages 16&Up:** Jacki's non-dancing approach to fitness. A perfect coed program. Each class is a head to toe fat burning workout not dependent on previous class attendance, simple to follow, easy to do. Please bring mat. Hand and/or ankle weights optional.

**12 Sessions \$67.00**

Instructor: Karin Baker

134267 Damascus CRC 9/13 Tu 7:15pm-8:15pm

134268 Damascus CRC 9/15 Th 7:15pm-8:15pm

**Get out! Get fit and have fun! Register for one of our fitness classes today.**

**Jacki Sorensen's Strong Step**

**Ages 16&Up:** A high energy low impact fitness class; a blend of exercise, bench and resistance training providing a full body workout. Students can adjust step level to vary intensity. Participants provide own step and exercise mat; 1-6 lbs. hand weights (optional). Limited steps available for class use, call instructor to verify availability 301-428-9425.

**12 Sessions** **\$67.00**

Instructor: Karin Baker

134269 Potomac CC 9/16 F 9:00am-10:00am

**NEW Jazzmatazz Aerobic Bonus**

**Ages 16&Up:** Pilates Mat Work plus a low impact/high intensity Aerobic Workout. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Spri Xertubes (available from instructor for \$10) required for strength training. Students are strongly urged to register for at least two days a week to achieve the best results.

**13 Sessions** **\$72.00**

Instructor: Betsy Saunders

134189 Fairland CC 9/13 Tu 5:30pm-6:30pm

134191 Wheaton CC 9/13 Tu 7:15pm-8:15pm

**12 Sessions** **\$67.00**

Instructor: Betsy Saunders

134190 Fairland CC 9/15 Th 5:30pm-6:30pm

134192 Wheaton CC 9/15 Th 7:15pm-8:15pm

**Jazzmatazz Pilates**

**Age 16&Up:** A Pilates based exercise program rooted in modern/jazz dance consisting of a series of choreographed, but gentle, non-impact exercises designed to develop core abdominal muscles for spinal and lower back stabilization, to strengthen the body while lengthening muscles, and to increase overall flexibility. Attendance the first week is mandatory, as key techniques are taught, and for maximum benefits students are strongly urged to register for both days.

**14 Sessions** **\$97.00**

Instructor: Betsy Saunders

134198 Sligo MS 9/12 M 7:00pm-8:15pm

134199 Sligo MS 9/14 W 7:00pm-8:15pm

**Jazzmatazz Aerobics Light**

**Active Seniors & Beginners Ages 18&Up:** A fun filled, choreographed workout that is similar to Jazzmatazz, but is lower to no impact, and still emphasizes muscular strength and flexibility along with cardiovascular strength and endurance. Spri Xertubes (available from instructor for \$10) are required for strength training. To achieve the best results, students are strongly urged to register for both days.

**13 Sessions** **\$72.00**

Instructor: Betsy Saunders

134196 Wheaton CC 9/13 Tu 9:00am-10:00am

**12 Sessions** **\$67.00**

Instructor: Betsy Saunders

134197 Wheaton CC 9/15 Th 9:00am-10:00am

**Jazzercise**

**Ages 16&Up:** includes a warm-up, high-energy aerobic routines, muscle toning and cool-down stretch segment. Jazzercise combines elements of dance, resistance training, Pilates, yoga, kick-boxing and FUN for every age and fitness level.

**Participants may attend both morning and evening classes for two months.** **\$70.00**

Instructor: Diane Elmore

132317 Damascus CRC 9/7 W, M 6:45pm-7:45pm

132315 Upper County CC 8/29 M, W 6:30pm-7:30pm

132316 Upper County CC 8/30 Tu,Th,F 9:30am-10:30am

**Kelley's Complete Fitness Workout**

**Ages 13&Up:** Safe, effective exercises to strengthen and tone major muscle groups. Stretching warmed up muscles for flexibility, sensible aerobics to condition, burn fat and strengthen cardiovascular system, relaxation techniques and emphasis on proper body alignment and posture. Hand weights optional. Instructor is a physical education teacher with BS and 20 years experience.

**13 Sessions** **\$68.00**

Instructor: Pamela Kelley

132363 Wheaton CC 9/12 M 9:00am-10:15am

132365 Bauer Drive CC 9/14 W 9:05am-10:20am

132366 Longwood CC 9/14 W 7:15pm-8:30pm

**Kelley's Extended Workout**

**Ages 13&Up:** Same program as above but longer with a more effective workout and extended stretch time. Hand weights optional. Instructor is a physical education teacher with BS and 20 years experience.

**13 Sessions** **\$82.00**

Instructor: Pamela Kelley

132414 Wheaton CC 9/8 Th 9:00am-10:30am

132413 Longwood CC 9/12 M 7:00pm-8:30pm

**Movin' with Millie Trad. Slimnastics**

**Ages 16&Up:** A unique exercise experience opening with a total body warm up, aerobic conditioning for cardiovascular fitness and floor exercises for toning hips, thighs, abdominal and gluteals. Program provides flexibility, endurance, strength. Bring mat and light hand weights (optional) to class.

**13 Sessions** **\$57.00**

Instructor: Mildred Norwood Trimble

133151 Pilgrim Hills LP 9/21 W 9:30am-10:30am

**12 Sessions** **\$53.00**

Instructor: Mildred Norwood Trimble

133152 Pilgrim Hills LP 9/23 F 9:30am-10:30am

**Group Workout with a Personal Trainer**

**Ages 16&Up:** A Non-Aerobic, new and different approach to total fitness. Experience balance, core stabilization, integrated flexibility, plyometrics, weight loss and strength training through an integrated training model designed to systematically progress the student. Instructor is a certified personal trainer.

**10 Sessions** **\$89.00**

Instructor: Fred Mosby

134270 Germantown CC 10/18 Tu, Th 5:45pm-6:45pm

*Move your  
body at least  
30 minutes  
each day.*



**Susan Taylor Workouts**

**Ages 16&Up:** Both classes offer a Hi/Lo choice. Enjoy real music and lightly choreographed routines. Mat exercise (combination of Pilates and Yoga for general exercise classes) is the method used for stretch and tone in both classes. Note: fall classes will not meet Thanksgiving week, Nov. 21-25.

Potomac CC offers you a choice? Workout from 8:45-9:45am and go home or stay for an additional 15 minutes of stretch and tone at no extra charge.

**22 Sessions \$113.00**

Instructor: Susan J. Taylor

134203 Leland CC 9/6 Tu, Th 6:00pm-7:00pm

**24 Sessions \$124.00**

Instructor: Susan J. Taylor

134204 Potomac CC 9/12 M, W 8:45am-10:00am

**Massage Institute I Back Massage**

**Ages 18&Up:** How To Do Back Massage: Learn basic anatomy, massage strokes, contraindications, how the body can benefit from and how to give a great seated massage. Instructor is a certified Massage Practitioner. All massages are done fully clothed. Bring massage oil or body lotion to class.

**1 Session \$31.00**

Instructor: Douglas Schwanke

134281 Potomac CC 9/26 M 6:30pm-8:00pm

**Massage Institute II Foot Massage**

**Ages 18&Up:** How To Do Foot Massage-Basic Reflexology: Learn to give a great foot massage! Learn basic anatomy of the foot, basic massage strokes, contraindications, and how the body can benefit from foot massage. Please bring a mat and massage oil, or body lotion to class.

**1 Session \$31.00**

Instructor: Douglas Schwanke

134282 Potomac CC 10/17 M 6:30pm-8:00pm

**Qi Gong: A Different Exercise**

**Age 18&Up Beginners:** Practiced for thousands of years in China for health and longevity, Qi Gong is the, gaining of life energy through exercise. The five Phoenix form uses Qi (chee), the life force that flows through all living beings, to eliminate blockages and open up energy flow in the meridians. Similar to Tai Chi, but only takes 20 minutes a day. Instruction in Meditative techniques taught along with movements and theory. Wear loose clothing. Booklets given out. Combined class for beginner and continuing practitioners. Martial Arts Master instructor.

**8 Sessions \$87.00**

Instructor: Robert Kramer

133288 Germantown CC 9/13 Tu 7:00pm-8:30pm

**Qi Gong-Continuing Students**

**Age 18&Up:** Combined class for continuing practitioners taught at same time as beginning class above. Martial Arts Master instructor.

**8 Sessions \$60.00**

Instructor: Robert Kramer

133289 Germantown CC 9/13 Tu 7:00pm-8:30pm

**Tai Chi, Beginning**

**Age 16&Up:** Ancient Chinese exercise form practiced by millions for both physical and spiritual development. Benefits the top athlete or someone recovering from injuries or back problems. Tai Chi is a graceful, flowing form benefiting posture, strength and over all vitality. Wear loose clothing. People interested in observing a class prior to registering are welcome.

**10 Sessions \$67.00**

Instructor: TBA TBA

133456 Bauer Drive CC 9/12 M 7:00pm-8:00pm

133457 Potomac CC 9/13 Tu 7:00pm-8:00pm

133458 Fairland CC 9/13 Tu 7:00pm-8:00pm

133459 Kemp Mill Estates LP 9/14 W 7:00pm-8:00pm

**Tai Chi, Continuing**

**Age 16&Up:** Continuing Students Level II.

**10 Sessions \$67.00**

Instructor: TBA TBA

133520 Bauer Drive CC 9/12 M 8:00pm-9:00pm

133521 Potomac CC 9/13 Tu 8:00pm-9:00pm

133522 Kemp Mill Estates LP 9/14 W 8:00pm-9:00pm

**Tai Chi-Moving Meditation**

**Age 16&Up:** A gentle health maintenance exercise perfect for both the young and the not so young seniors. The purpose is to promote a balanced and healthy life. Wear comfortable clothing.

**10 Sessions \$67.00**

Instructor: Harumi Williams

133303 Leland CC 9/19 M 6:00pm-7:00pm

**Tai Chi-Moving Meditation, Continuing**

**Age 16&Up:** Continuing students who have taken Tai Chi Moving Meditation with Williams.

**10 Sessions \$67.00**

Instructor: Harumi Williams

133305 Leland CC 9/21 W 6:00pm-7:00pm

**Hatha Yoga**

**Ages 16&Up:** Beginning and Continuing Students welcome. A physically challenging program. Develop agility, balance, muscle tone, endurance and vitality, reduce fatigue and aid in bringing relaxation to the body and mind. Learn new posture's (Asana) each week. All classes taught in a progressive, modular concept to form a sequence for use in daily home practice. Wear nonrestrictive clothing and bring a blanket/mat and bare feet to class.

**12 Sessions \$136.00**

Instructor: Richard Tyson

133190 Nrbk-Mncstr Mill NP 9/8 Th 7:00pm-8:30pm

**Need an additional registration form?**

Download one from our website at  
[www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)

*Renew your  
body and  
spirit with  
Tai Chi.*

**13 Sessions \$148.00**

Instructor: Richard Tyson

133286 Bauer Drive CC 9/6 Tu 10:30am-12:00pm

133191 Bauer Drive CC 9/10 Sa 12:30pm-2:00pm

**14 Sessions \$159.00**

Instructor: Richard Tyson

133188 Nrbk-Mncstr Mill NP 9/5 M 7:00pm-8:30pm

**Hatha Yoga and Stress Management****Age 18&Up Beginner:** Postures and exercises to tone, firm and realign body; relaxation visualization and stress management. Bring blanket or mat to class.**14 Sessions \$122.00**

Instructor: Suzana Cooper

133300 Leland CC 9/9 F 10:30am-11:30am

**Hatha Yoga and Stress Management 2****Age 18&Up Intermediate/Advanced:** Prerequisite-beginner class with Cooper.**14 Sessions \$152.00**

Instructor: Suzana Cooper

133302 Leland CC 9/9 F 9:15am-10:30am



*Yoga can help to strengthen and balance your immune system against sinus conditions.*

**Vini Yoga****Ages 16&Up Mixed levels:** Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility and learn to release tension. Introduction to meditation. Bring a mat/towel and wear comfortable clothing.**10 Sessions \$95.00**

Instructor: Patricia Miller

133155 Potomac CC 9/29 Th 9:15am-10:30am

133156 Potomac CC 9/29 Th 6:30pm-7:45pm

**12 Sessions \$114.00**

Instructor: Moira Martin

133349 Leland CC 9/13 Tu 7:00pm-8:15pm

133350 Leland CC 9/15 Th 9:30am-10:45am

**Vini Yoga Intermediate****Ages 16&Up Intermediate:** Previous yoga experience required. More emphasis on sequences, breathing, and meditation. Bring a mat and wear comfortable clothing.**12 Sessions \$114.00**

Instructor: Patricia Miller

133157 Potomac CC 9/26 M 6:30pm-7:45pm

**Vini Easy Going Yoga****For Seniors and All Others 16&Up:** Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength flexibility; release tension. Introduces meditation. Bring a mat/towel and wear comfortable clothing.**10 Sessions \$95.00**

Instructor: Patricia Miller

133158 Potomac CC 9/29 Th 10:45am-12:00pm

**12 Sessions \$114.00**

Instructor: Moira Martin

133354 Leland CC 9/15 Th 10:45am-12:00pm

**Pre Natal Yoga****Ages 16&Up:** Increase your joy and wellbeing as life grows within you. Instruction in breathing and relaxation techniques, stretching and toning of muscles used during labor and delivery, techniques to relieve lower back pain and other common pregnancy discomforts, posture awareness, visualization techniques. A safe and nurturing experience for women in all stages of pregnancy. Wear comfortable clothing and bring a mat, 2 pillows and a blanket to class.**7 Sessions \$66.00**

Instructor: Natalie Anne Dodson

133153 Potomac CC 9/12 M 7:15pm-8:30pm

**6 Sessions \$57.00**

Instructor: Natalie Anne Dodson

133154 Potomac CC 11/7 M 7:15pm-8:30pm

## Martial Arts for Youth & Adults

Advertised class lengths include set-up and take-down time. Actual instruction time may be less. Class sessions cancelled will be made up by adding extra dates, extra time to each session, or attending alternate locations of the same program.

**Aikido****Beginners Ages 10&Up:** A defensive martial art that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practice of Aikido, one can, learn to manage conflict in one's personal life. Be nonaggressive without being a victim. Coordinate mind and body and deal effectively with stress and tension. Emphasis on Ki development.**10 Sessions \$71.00**

Instructor: Christopher Rowe

133540 Marva Tots n' Teens Gym 9/8 Th 7:30pm-9:00pm

**Karate/Jujitsu**

**Ages 6-12** (Students must be 6 at the start of class): Instruction in the physical and psychological aspects of Tang Soo Do style Korean karate and Jujitsu.

Lecture, exercise, drills and competition with promotional exams available. New students accepted prior to third class of each session. \*All locations accept beginning through advanced students, however, at sites where both a 6pm and 7pm option is offered, beginning instruction is only given at the 6pm class. At Upper County, Bauer, Resnik ES, Fairland, Rolling Terr. ES and Dufief ES beginners must attend at 6pm at all other sites beginners may attend the later time.

**14 Sessions \$66.00**

Instructor: Tompkins Karate Association staff

133706	Longwood CC	9/19	M	7:00pm-8:00pm
133707	Upper County CC	9/19	M	6:00pm-7:00pm
133708	Upper County CC	9/19	M	7:00pm-8:00pm
133709	Wheaton CC	9/19	M	7:00pm-8:00pm
133711	Damascus CRC	9/21	W	7:00pm-8:00pm
133712	Bauer Drive CC	9/21	W	6:00pm-7:00pm
133713	Bauer Drive CC	9/21	W	7:00pm-8:00pm
133714	Potomac CC	9/21	W	7:00pm-8:00pm
133715	Resnik, Judith A. ES	9/21	W	6:00pm-7:00pm
133716	Resnik, Judith A. ES	9/21	W	7:00pm-8:00pm
133717	Clara Barton CC	9/21	W	7:00pm-8:00pm
133718	Stedwick ES	9/21	W	7:00pm-8:00pm

**13 Sessions \$62.00**

Instructor: Tompkins Karate Association staff

133710	Germantown CC	9/20	Tu	7:00pm-8:00pm
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**12 Sessions \$57.00**

Instructor: Tompkins Karate Association staff

133719	Fairland CC	9/22	Th	6:00pm-7:00pm
133720	Fairland CC	9/22	Th	7:00pm-8:00pm
133721	Dufief ES	9/22	Th	6:00pm-7:00pm
133722	Dufief ES	9/22	Th	7:00pm-8:00pm
133723	Poolesville High School	9/22	Th	7:00pm-8:00pm
133724	Rolling Terrace ES	9/22	Th	6:00pm-7:00pm
133725	Rolling Terrace ES	9/22	Th	7:00pm-8:00pm
133726	Bethesda ES	9/22	Th	7:00pm-8:00pm

**Karate/Jujitsu Adults**

**Ages 13&Up:** Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). All locations accept beginning through advance students. New students accepted prior to the third class of each session.

**14 Sessions \$85.00**

Instructor: Tompkins Karate Association staff

133729	Upper County CC	9/19	M	8:00pm-9:30pm
133730	Wheaton CC	9/19	M	8:00pm-9:30pm
133732	Damascus CRC	9/21	W	8:00pm-9:30pm
133733	Bauer Drive CC	9/21	W	8:00pm-9:30pm
133734	Clara Barton CC	9/21	W	8:00pm-9:30pm
133735	Potomac CC	9/21	W	8:00pm-9:30pm
133736	Stedwick ES	9/21	W	8:00pm-9:30pm

**13 Sessions \$79.00**

Instructor: Tompkins Karate Association staff

133731	Germantown CC	9/20	Tu	8:00pm-9:30pm
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**12 Sessions \$73.00**

Instructor: Tompkins Karate Association staff

133737	Bethesda ES	9/22	Th	8:00pm-9:30pm
133738	Fairland CC	9/22	Th	8:00pm-9:30pm
133739	Dufief ES	9/22	Th	8:00pm-9:30pm
133740	Rolling Terrace ES	9/22	Th	8:00pm-9:30pm

**Karate/Jujitsu Club**

**Ages 13&Up:** Brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Must be registered in a regular TKA class during the same season.

**12 Sessions \$36.00**

Instructor: Tompkins Karate Association staff

133701	Bauer Drive CC	9/23	F	7:00pm-9:00pm
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**Kendo-Beginner**

**Ages 13&Up:** Modern sword training is done using bamboo swords as opposed to bladed swords. Protection for chest, head and hands are worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not necessarily to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Material fee of \$30 due to instructor for shinai purchase. See Shodo, an excellent complement to training.

**10 Sessions \$70.00**

Instructor: Shiro Shintaku

133532	Tilden MS	9/15	Th	7:15pm-8:15pm
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**Kendo-Intermediate-Advanced**

**Ages 13&Up:** Pre-requisite, beginners class with Shiro Shintaku.

**10 Sessions \$70.00**

Instructor: Shiro Shintaku

133539	Tilden MS	9/15	Th	8:30pm-9:30pm
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**Shodo**

**Ages 13&Up Beginner/Intermediate:** Japanese Brush Writing, the mental and physical expression of thoughts, feelings and interpretations through the written word, is part of the training of the true Samurai. Helps to develop good concentration, natural hand motion and mental calmness with this introduction to the Japanese language. \$25 material fee due to instructor. An excellent compliment to Kendo.

**10 Sessions \$70.00**

Instructor: Shiro Shintaku

133528	Tilden MS	9/15	Th	6:00pm-7:00pm
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*Martial Arts classes can teach you to coordinate mind and body.*



## Instructional Sports

Look for the new Fantasy Football League and Football Fun "Duh" Mentals in *Xciting Xtras*.

### Badminton I

**Ages 9 & Up Beginner/Advanced Beginner:** Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. \$10 activity fee due to instructor. Competitive techniques of singles and doubles play.

**8 Sessions \$58.00**

Instructor: Gary Chao

132723 Bauer Drive CC 9/20 Tu 6:00pm-7:00pm

### Badminton II

**Intermediate/Advanced:** Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. \$20 activity fee due to instructor.

**8 Sessions \$104.00**

Instructor: Gary Chao

132724 Bauer Drive CC 9/24 Sa 10:30am-1:00pm

### Fencing I

**Beginner:** Basic foil techniques. Instructors are certified Fencing Master Ray Finkleman and former Olympian Gitty Mohebban. Equipment provided: foil, mask, and jacket. \$25 material fee due to instructor. Updates are available on the Potomac class at [www.fencer.com](http://www.fencer.com).

No age exceptions without prior fencing experience and instructor approval. Fencing is a serious sport which requires focus, concentration and attention. Parents of younger students should decide together whether the child will enjoy a rigorously disciplined sport.

**10 Sessions \$82.00**

Instructor: Gitty Mohebban (ages 13&Up)

131017 Damascus CRC 9/14 W 5:30pm-6:30pm

131015 Frost, Robert MS 9/12 M 5:30pm-6:30pm

131016 Bauer Drive CC 9/30 F 5:30pm-6:30pm

Instructor: Raymond Finkleman (ages 9&Up)

131014 Potomac CC 9/15 Th 6:30pm-7:30pm

### Fencing II

**Advanced Beginner:** This class is designed for the advanced Beginner I and entry level Beginner II student. Curriculum will be student skill dependent. \$25 materials fee due to instructor.

**10 Sessions \$82.00**

Instructor: Gitty Mohebban

134614 Frost, Robert MS 9/12 M 6:30pm-7:30pm

134615 Damascus CRC 9/14 W 6:30pm-7:30pm

134613 Bauer Drive CC 9/16 F 6:30pm-7:30pm

### Fencing III

**Intermediate:** More advanced foil techniques: riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lier, croise, and envelopment. \$25 material fee due to the instructor. Class updates for the Potomac class are available at [www.fencer.com](http://www.fencer.com). No age exceptions without prior fencing experience and instructor approval.

**10 Sessions \$82.00**

Instructor: Raymond Finkleman (ages 13&Up)

131019 Potomac CC 9/15 Th 7:30pm-8:30pm

Instructor: Gitty Mohebban (ages 9&Up)

131021 Frost, Robert MS 9/26 M 7:30pm-8:30pm

131020 Bauer Drive CC 9/30 F 7:30pm-8:30pm



### Fencing Practices and Club

An opportunity for the beginner, intermediate and advanced fencer to practice with each other and develop their skills. No formal instruction will be given during Club sessions. Foil, epee and saber fencers welcome. Equipment provided: foil, mask, and jacket. \$25 material fee due to the instructor at the first class. Classes may feature electric fencing apparatus. Updates for the Potomac class are available at [www.fencer.com](http://www.fencer.com). This class is for 13 years old-adult. No age exceptions without prior fencing experience and instructor approval.

**10 Sessions \$82.00**

Instructor: Raymond Finkleman

131022 Potomac CC 9/15 Th 8:30pm-10:00pm

Instructor: Gitty Mohebban

131023 Bauer Drive CC 10/1 Sa 1:00pm-2:30pm

### Recreational Basketball

**Ages 18&Up:** Supervised free play in basketball, continues throughout the school year.

**10-sessions \$64.00**

Instructor: Kensky

135513 White Oak MS 8/29 M 6:00p.m.-8:00pm

### Golf

#### Golf Lessons-Beginner I

**Ages 3-6:** Eye hand coordination, basic swing and putting instruction. Clubs provided, parent participation required. \$25 materials fee due to the instructor. For further information, please call Love to Par, Inc. at 301-379-6171.

**5 Sessions \$107.00**

Instructor: Love to Par, Inc.

133293 Potomac CC 9/6 Tu 4:30pm-5:00pm

133295 S Germantown Pk DR 9/7 W 4:00pm-4:30pm

133297 S Germantown Pk DR 9/10 Sa 12:00am-12:30am

133298 S Germantown Pk DR 9/10 Sa 9:30am-10:00pm

133291 Potomac CC 9/11 Su 9:00am-9:30am

133292 Potomac CC 9/11 Su 9:30am-10:00am

**Ages 7-12:** Golf group lessons for all levels; consist of 3-8 people per group. \$25 material fee due to instructor. For further information please call Love to Par, Inc at 301-379-6171.

**5 Sessions \$107.00**

Instructor: Love to Par, Inc.

133322 S Germantown Pk DR 9/7 W 4:30pm-5:15pm

*On guard!  
Fencing is an  
ancient sport  
that teaches  
discipline  
and grace.*

**Golf Lessons-Beginner II**

**Ages 7-12:** Golf Group lessons for students who have successfully completed Beginner I. \$25 material fee due to instructor. For additional information please call Love to Par, Inc at 301-379-6171

**5 Sessions** **\$107.00**

Instructor: Love to Par, Inc.

134413 S Germantown Pk DR 9/10 Sa 11:00am-11:45am

**Golf Lessons-Beginner Adult**

**Ages 13-Adult:** Golf lessons for adults that have successfully completed the Beginner I class. Groups consist of 4-10 people. \$25 material fee payable to instructor. For additional information please call Love to Par, Inc at 301-379-6171.

**5 Sessions** **\$119.00**

Instructor: Love to Par, Inc.

133339 S Germantown Pk DR 9/10 Sa 5:15pm-6:15pm

**Golf 101 Waters Landing**

**Adults:** Gain an overview of the game and enjoy a highly personalized teaching style that allows for a relaxed, enjoyable, learning atmosphere. All aspects of the game are taught with proven fundamentals and principles in a simple and understandable way. All classes include the use of balls and loaner clubs. For further information call the instructor at 240-372-1693

**5 Sessions** **\$116.00**

Instructor: William Butkiewicz

130963 Waters Lndg Golf Park 9/26 M 6:00pm-7:00pm

130964 Waters Lndg Golf Park 9/28 W 7:00pm-8:00pm

**Gymnastics****Tumbling Format**

**Ages 3-6 Beginner:** Enjoy learning beginning tumbling skills while gaining self esteem. Animal walks, forward rolls, backward rolls and bridges are taught. Movements will enhance balance, large muscle control, and muscular strength. For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time. For further information call the instructor at 301-977-7301.

**5 Sessions** **\$68.00**

Instructor: Denise Schattenberg

131813 Upper County CC 9/26 M 1:45pm-2:30pm

131815 Damascus CRC 9/27 Tu 1:45pm-2:30pm

131814 Longwood CC 9/29 Th 1:45pm-2:30pm

**Tennis****Tennis-Beginners I**

**Ages 3-6:** Parent participation required. Learn tennis basics in forehand, backhand, and non-wind up serves, through eye hand coordination and motor skills games. \$10 materials fee due to the instructor. For further information please call Love to Par, Inc. at 301-379-6171.

**5 Sessions** **\$107.00**

Instructor: Love to Par, Inc.

133556 Potomac CC 9/6 Tu 4:00pm-4:30pm

133554 Bauer Drive CC 9/8 Th 4:00pm-4:30pm

133557 Germantown CC 9/9 F 4:30pm-5:00pm

133558 Bauer Drive CC 9/10 Sa 2:30pm-3:00pm

133555 Potomac CC 9/11 Su 10:30am-11:00am

**Tennis-Beginners II**

**Ages 7-12:** Learn tennis basics in forehand, backhand, and non-wind up serves, through eye hand coordination and motor skills games. \$10 materials fee due to the instructor. For further information please call Love to Par, Inc. at 301-379-6171.

**5 Sessions** **\$112.00**

Instructor: Love to Par, Inc.

133569 Potomac CC 9/11 Su 11:00am-11:45am

133568 Bauer Drive CC 9/8 Th 5:15pm-6:00pm

133570 Potomac CC 9/6 Tu 7:15pm-8:15pm

**Golf Lessons-All Levels**

**Ages 13-Adult:** Golf group lessons for all levels; consist of 3-8 people per group. \$25 material fee due to instructor. For further information please call Love to Par, Inc at 301-379-6171.

**5 Sessions** **\$119.00**

Instructor: Love to Par, Inc.

133328 S Germantown Pk DR 9/7 W 6:15pm-7:15pm

133327 S Germantown Pk DR 9/10 Sa 10:00am-11:00am

**Golf 100 Instructional Basics**

**Ages 10-Adult:** Learn how to hold and pick a golf club, the stance and how to do a golf swing. Information on etiquette, where to practice and play golf, what to expect regarding fees, golf carts and what some golf terminology means. Leave the class knowing what to expect when you arrive at the golf course. Within no time you will feel like one of the hackers on the course and have started yourself in the exciting networking world of golf. Taught by PGA Professional and Masters player: Charlie Bassler. \$25 ball fee due payable to the instructor. For additional information the instructor may be reached at 410-744-9494.

**4-sessions** **\$119**

Instructor: Charles Bassler

135467 Northwest Golf Course 9/24 Sa 10:00 am-11:00 am

**Adult Beginners at Northwest GC**

**Ages 18&Up:** Instruction on grip, stance, swing and short game. Students will receive positive critique of their swing and game strategy guidance. \$25 range ball fee paid to instructor first class.

**5 sessions** **\$116.00**

Instructor: Kent Keith

135563 Northwest Golf Course 9/28 W 7:00pm-6:00pm

***Tennis is a fun activity that can strengthen your heart and develop your muscles.***



### Tennis-Beginners III

**Ages 13&Up:** Learn tennis basics in forehand, back-hand, and non-wind up serves, through eye-hand coordination and motor skills games. \$10 material fee due to the instructor. For further information, please call Love to Par, Inc. at 301-379-6171.

**5 Sessions \$119.00**

Instructor: Love to Par, Inc.

133614	Bauer Drive CC	9/10	Sa	4:00pm-5:00pm
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**5 Sessions \$119.00**

Instructor: Love to Par, Inc.

133610	Potomac CC	9/6	Tu	6:15pm-7:15pm
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133608	Bauer Drive CC	9/8	Th	6:00pm-7:00pm
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133612	Germantown CC	9/9	F	6:00pm-7:00pm
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133609	Potomac CC	9/11	Su	12:00pm-1:00pm
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### Introduction to Tennis I

**Ages 8-15: Beginner/Advanced Beginner:** \$10 material fee due to the instructor at the first class. For further information please call Ben Woods at 301-649-1887.

**5 Sessions \$117.00**

Instructor: Benjamin Woods

133690	Leland NP	9/26	M	4:00pm-5:00pm
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133689	Olney Manor P	9/30	F	4:00pm-5:00pm
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133688	Sligo MS	9/29	Tu	4:00pm-5:00pm
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### Introduction to Tennis II

**Ages 16&Up Beginner/Advanced Beginner:** For further information, please call the instructor, Ben Woods at 301-649-1887.

**5 Sessions \$117.00**

Instructor: Benjamin Woods

133694	Leland NP	9/26	M	6:00pm-7:00pm
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133695	Sligo MS	9/27	Tu	6:00pm-7:00pm
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133693	Olney Manor RP	9/30	F	6:00pm-7:00pm
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1335414	Northwest	9/28	W	6:00pm-7:00pm
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135415	Blair MS	9/28	W	6:00pm-7:00pm
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## Tiny Tots

### Mother Goose on the Loose

**Ages 6-17 months & 18months-3years:** What a time for a rhyme! Stories, games, music, movement and much more! Have fun and meet new friends while enriching your child's language, large motor skills and social development. \$10 material fee due to instructor. Adult participation required.

**8 Sessions \$58.00**

Instructor: Laura Lunking

**Ages 6-17 months:**

132432	Bauer Drive CC	9/22	Th	10:45am-11:30am
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132434	Nrbk-Mncstr Mill NP	9/23	F	10:45am-11:30am
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### Ages 18 months-3 years:

132430	Ross Boddy CC	9/21	W	9:45am-10:30am
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132431	Bauer Drive CC	9/22	Th	9:45am-10:30am
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132433	Nrbk-Mncstr Mill NP	9/23	F	9:45am-10:30am
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### Art Adventures

**Ages 2-5:** All that glitters is...Art Adventures! Join us for creativity, fun, motor skill development, language, and socialization in an adventure with colors, textures, paints, and glitter too! \$10 material fee due to instructor. Adult participation required.

**9 Sessions \$65.00**

Instructor: Sharon Lande

132713	Potomac CC	9/20	Tu	9:30am-10:15am
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132714	Potomac CC	9/20	Tu	10:15am-11:00am
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132715	Leland CC	9/21	W	10:00am-10:45am
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132716	Leland CC	9/21	W	11:30am-12:15pm
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132717	Leland CC	9/21	W	1:00pm-1:45pm
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132718	Potomac CC	9/22	Th	9:30am-10:15am
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132719	Potomac CC	9/22	Th	10:15am-11:00am
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### Little Linguists-Tiny Tots

**Ages 1½-6:** Come join our fun, creative and innovative program designed to expose children to the Spanish language! Singing, movement, art, literature and more will enchant participants and parents alike. Add a new attribute to your child's repertoire and enhance their cognitive and social skills. \$10 material fee due to instructor. Adult participation required.

**10 Sessions \$77.00**

Instructor: Sandra Aresta

**Ages 1½-2 years:**

133783	Clara Barton CC	9/21	W	9:30am-10:15am
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133789	Leland CC	9/23	F	9:30am-10:15am
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**Ages 2-3 years:**

133784	Clara Barton CC	9/21	W	10:30am-11:15am
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133790	Leland CC	9/23	F	10:30am-11:15am
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**Ages 3-6 years:**

133785	Clara Barton CC	9/21	W	11:30am-12:15pm
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133795	Leland CC	9/23	F	11:30am-12:15pm
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See *Arts & Crafts for Youth* for other Little Linguists offerings.

### Kit N' Kaboodle

**Ages 2½-4½:** It's all in here...crafts, songs, stories, rhymes, fingerplays and more! Creativity and imagination abound as participants gain language, socialization and motor skill development. Your child, and you too, will love our weekly get-togethers! \$10 material fee due to instructor. Adult participation required.

**8 Sessions \$58.00**

Instructor: Lisa Siegel

133813	Upper County CC	9/21	W	9:30am-10:15am
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133814	Upper County CC	9/21	W	10:30am-11:15am
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133815	Gwendolyn Coffield CC	9/24	Sa	9:30am-10:15am
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133816	Gwendolyn Coffield CC	9/24	Sa	10:30am-11:15am
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### Tiny Hands Crafts

**Ages 2-6:** Come and see what tiny hands can do! This 'hands on' class encourages children to be creative, get messy, and have fun with paint, glue, glitter, foam, fabric, wood items, and more. Kids will make at least 2 projects per class...most of them keepers! Crafts will change each session. Please bring a smock. \$24 material fee due to instructor. Adult participation required.

**7 Sessions \$50.00**

Instructor: Tiny Hands

132737	Germantown CC	9/26	M	9:30am-10:15am
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132738	Potomac CC	9/26	M	10:00am-10:45am
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132739	Potomac CC	9/26	M	11:00am-11:45am
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132740	Damascus CRC	9/26	M	10:00am-10:45am
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*Tennis requires stamina, speed, and strength.*



132741	Wheaton CC	9/27	Tu	9:30am-10:15am
132742	Wheaton CC	9/27	Tu	10:30am-11:15am
132743	Germantown CC	9/27	Tu	10:30am-11:15am
132744	Leland CC	9/27	Tu	1:00pm-1:45pm
132751	Longwood CC	9/28	W	10:15am-11:00am
132745	Germantown CC	9/28	W	9:30am-10:15am
132746	Germantown CC	9/28	W	10:30am-11:15am
132747	Bauer Drive CC	9/28	W	10:30am-11:15am
132748	Bauer Drive CC	9/28	W	1:00pm-1:45pm
132749	Fairland CC	9/28	W	9:30am-10:15am
132750	Potomac CC	9/28	W	10:00am-10:45am
132752	Fairland CC	9/29	Th	10:00am-10:45am
132753	Clara Barton CC	9/29	Th	10:15am-11:00am
132754	Longwood CC	9/29	Th	10:30am-11:15am
132755	Potomac CC	9/30	F	10:00am-10:45am
132756	Potomac CC	9/30	F	11:00am-11:45am
132757	Bauer Drive CC	10/1	Sa	9:30am-10:15am
132758	Germantown CC	10/1	Sa	10:15am-11:00am

**Time Out for Twos**

**Ages 24-36 months:** Look who's turned two and ready to have a wonderful time with music, crafts, finger plays and more! Activities are teacher directed. Please bring a smock for your child. \$10 material fee due to instructor. Adult participation required.

<b>8 Sessions</b>	<b>\$58.00</b>
Instructor: Catherine Bodine	
132427	Leland CC 9/26 M 9:30am-10:15am
132428	Leland CC 9/26 M 10:30am-11:15am
132429	Leland CC 9/27 Tu 9:30am-10:15am

**Busy Bees**

**Ages 2½-5:** Bee there and enjoy a wonderful, fun filled hour of creative movement, songs and crafts. Buzz in with a sibling, friend or fly solo and make joyful noises and monstrous messes in this honey of a social hour. Adult participation required. \$10 material fee due to instructor.

<b>8 Sessions</b>	<b>\$77.00</b>
Instructor: Catherine Bodine	
132423	Leland CC 9/26 M 11:30am-12:30pm
132424	Leland CC 9/27 Tu 10:30am-11:30am

**Tiny Hands Chefs**

**Ages 3½-6:** 'One Bite Won't Hurt You!' Tiny hands love to cook! Make quick and easy recipes kids will love to prepare and eat. Bring your 'picky eater' and come join the fun! \$30 material fee due to instructor. Adult participation required.

<b>6 Sessions</b>	<b>\$44.00</b>
Instructor: Tiny Hands	
132729	Potomac CC 10/10 M 1:00pm-1:45pm
132730	Longwood CC 10/11 Tu 1:30pm-2:15pm

**Discovering Music For Infants**

**Ages 6 months-1 year:** A fun, creative, and enjoyable way to expose infants to music. Studies confirm that early exposure can enhance coordination and gross motor skills, inner beat for music, balance and reinforce cognitive learning. Infants, adults and instructors interact in positive and supportive ways. Enjoy singing with percussion instruments, rhymes, rhythmic massage and dancing. Adult participation required. \$10 material fee due to instructor.

<b>9 Sessions</b>	<b>\$105.00</b>
Instructor: Music for Life	
132963	Upper County CC 9/22 Th 9:15am-10:00am
132964	North Chevy Chase LP 9/23 F 9:00am-9:45am
133818	Spencerville LP 9/23 F 9:30am-9:45am

**Discovering Music for Toddlers**

**Ages 1-3:** A fun, creative way to develop coordination, gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings 0-8 months may participate at no charge and are not required to be registered. After 8 months, siblings must register and pay class fee. Adult participation required. \$10 material fee due to instructor.

<b>9 Sessions</b>	<b>\$105.00</b>
Instructor: Music for Life	
132980	Camp Seneca LP 9/19 M 10:15am-11:00am
132981	Camp Seneca LP 9/19 M 11:15am-12:00pm
133763	Wheaton Reg Lib 9/19 M 10:15am-11:00am
133764	Wheaton Reg Lib 9/19 M 11:15am-12:00pm
132965	Clara Barton CC 9/20 Tu 10:15am-11:00am
132966	Clara Barton CC 9/20 Tu 11:15am-12:00pm
133765	Nrbk-Mncstr Mill NP 9/20 Tu 10:15am-11:00am
133766	Nrbk-Mncstr Mill NP 9/20 Tu 11:15am-12:00pm
132967	Potomac CC 9/20 Tu 5:30pm-6:15pm
132969	Long Branch CC 9/20 Tu 10:15am-11:00am
132968	Gwendolyn Coffield CC 9/21 W 10:00am-10:45am
132978	Fairland CC 9/21 W 10:00am-10:45am
132979	Fairland CC 9/21 W 11:00am-11:45am
133767	Tilden Woods LP 9/21 W 10:15am-11:00am
133768	Tilden Woods LP 9/21 W 11:15am-12:00pm
132976	Nrbk-Mncstr Mill NP 9/22 Th 10:00am-10:45am
132972	Upper County CC 9/22 Th 10:15am-11:00am
132975	Upper County CC 9/22 Th 11:15am-12:00pm
133776	Norwood LP 9/22 Th 10:15am-11:00am
133777	Norwood LP 9/22 Th 11:15am-12:00pm
132970	North Chevy Chase LP 9/23 F 10:00am-10:45am
132971	North Chevy Chase LP 9/23 F 11:00am-11:45am
133817	Spencerville LP 9/23 F 10:30am-11:15am
132973	Clara Barton CC 9/24 Sa 10:00am-10:45am
132974	Clara Barton CC 9/24 Sa 11:00am-11:45am
133551	Bethesda Reg Lib 9/26 M 10:15am-11:00am
133552	Bethesda RegLib 9/26 M 11:15am-12:00pm

**Exploring Music & Piano Prep**

**Ages 3-5:** Discover and explore musical aspects and concepts. Covers rhythm, singing, ear training, movement, motor coordination and motor skills. Children play more complex percussion and melodic instruments as class progresses. Parent participation is required. \$10 material fee due to instructor.

<b>9 Sessions</b>	<b>\$137.00</b>
Instructor: Music for Life	
133771	Wheaton Reg Lib 9/19 M 12:15pm-1:15pm
133772	Nrbk-Mncstr Mill NP 9/20 Tu 12:15pm-1:15pm
133769	Potomac CC 9/20 Tu 4:15pm-5:15pm
133773	Tilden Woods LP 9/21 W 12:15pm-1:15pm



*Turn up the fun...sign your child up for a Tiny Tots class.*

133774	Norwood LP	9/22	Th	12:15pm-1:15pm
133775	Clara Barton CC	9/24	Sa	12:00pm-1:00pm
133770	Bethesda Reg Lib	9/26	M	12:15pm-1:15pm
133778	Bethesda Reg Lib	9/26	M	4:00pm-5:00pm

**Exploring Music & Piano Level IA**

**Ages 5-10:** A progressive program for the older participant. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants use. Adult participation is required and children should have access to a piano for practice outside of class. \$10 material fee due to instructor.

**12 Sessions \$245.00**

Instructor: Music for Life

133779	Bethesda Reg Lib	9/26	M	5:00pm-6:15pm
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See *Music* for other offerings.

**Me Too**

**Ages 2-4:** Combines exercise, dance, games, songs, and parachute fun to develop motor skills, educational concepts, and self esteem. Adult participation required. \$6 material fee due to instructor. Is your child ready for more than forty-five minutes of fun? Check out the Art Adventures class!

**9 Sessions \$65.00**

Instructor: Sharon Lande

132720	Potomac CC	9/27	Tu	11:00am-11:45am
132721	Leland CC	9/28	W	10:45am-11:30am
132722	Potomac CC	9/22	Th	11:00am-11:45am

**Funfit® One**

**Ages 1-2:** A fun-filled adult/child high-energy activity class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Adult participation required. Child must be walking. \$10 activity fee due to instructor. Scroll down to view our second session of classes with new activities beginning in November!

**5 Sessions \$42.00**

Instructor: Funfit®

**Session I:**

133247	Germantown CC	9/19	M	9:30am-10:15am
133248	Wheaton CC	9/19	M	9:30am-10:15am
133249	Wheaton CC	9/19	M	10:15am-11:00am
133250	Gwendolyn Coffield CC	9/20	Tu	9:30am-10:15am
133251	Fairland CC	9/20	Tu	9:30am-10:15am
133252	Leland CC	9/21	W	9:15am-10:00am
133253	Potomac CC	9/21	W	9:30am-10:15am
133254	Potomac CC	9/21	W	10:15am-11:00am
133255	Damascus CRC	9/21	W	9:30am-10:15am
133256	Damascus CRC	9/21	W	10:15am-11:00am
133257	North Chevy Chase LP	9/21	W	9:30am-10:15am
133258	North Chevy Chase LP	9/21	W	10:15am-11:00am
133259	Quince Orchard Vly NP	9/22	Th	9:30am-10:15am
133260	Quince Orchard Vly NP	9/22	Th	10:15am-11:00am
133261	Capital Vw-Hmwd LP	9/22	Th	9:30am-10:15am
133262	Capital Vw-Hmwd LP	9/22	Th	10:15am-11:00am
133263	Leland CC	9/23	F	9:15am-10:00am
133264	Potomac CC	9/23	F	9:30am-10:15am
133265	Potomac CC	9/23	F	10:15am-11:00am
133266	N Four Corners LP	9/23	F	9:30am-10:15am
133267	N Four Corners LP	9/23	F	10:15am-11:00am
133268	Germantown CC	9/23	F	9:30am-10:15am
133318	Leland CC	9/23	F	10:00am-10:45am
133270	Quince Orchard Vly NP	9/24	Sa	9:30am-10:15am
133269	Tilden MS	9/24	Sa	9:30am-10:15am

**Session II:**

133313	Quince Orchard Vly NP	11/5	Sa	9:30am-10:15am
133310	Tilden MS	11/5	Sa	9:30am-10:15am
133271	Germantown CC	11/7	M	9:30am-10:15am
133272	Wheaton CC	11/7	M	9:30am-10:15am
133273	Wheaton CC	11/7	M	10:15am-11:00am
133274	Gwendolyn Coffield CC	11/8	Tu	9:30am-10:15am
133275	Fairland CC	11/8	Tu	9:30am-10:15am
133276	Leland CC	11/9	W	9:15am-10:00am
133277	Potomac CC	11/9	W	9:30am-10:15am
133278	Potomac CC	11/9	W	10:15am-11:00am
133279	Damascus CRC	11/9	W	9:30am-10:15am
133280	Damascus CRC	11/9	W	10:15am-11:00am
133281	North Chevy Chase LP	11/9	W	9:30am-10:15am
133282	North Chevy Chase LP	11/9	W	10:15am-11:00am
133283	Quince Orchard Vly NP	11/10	Th	9:30am-10:15am
133284	Quince Orchard Vly NP	11/10	Th	10:15am-11:00am
133285	Capital Vw-Hmwd LP	11/10	Th	9:30am-10:15am
133287	Capital Vw-Hmwd LP	11/10	Th	10:15am-11:00am
133290	Leland CC	11/11	F	9:15am-10:00am
133299	Potomac CC	11/11	F	9:30am-10:15am
133301	Potomac CC	11/11	F	10:15am-11:00am
133304	N Four Corners LP	11/11	F	9:30am-10:15am
133306	N Four Corners LP	11/11	F	10:15am-11:00am
133308	Germantown CC	11/11	F	9:30am-10:15am
133320	Leland CC	11/11	F	10:00am-10:45am

**Funfit® Two**

**Ages 2-3:** A fun-filled parent/child high-energy activity class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Adult participation required. Child must be walking. \$10 activity fee due to instructor. Second session with new activities beginning in November!

**5 Sessions \$42.00**

Instructor: Funfit®

**Session I:**

133217	Germantown CC	9/19	M	10:15am-11:00am
133218	Wheaton CC	9/19	M	11:00am-11:45am
133219	Gwendolyn Coffield CC	9/20	Tu	10:15am-11:00am
133220	Fairland CC	9/20	Tu	10:15am-11:00am
133221	Potomac CC	9/21	W	11:00am-11:45am
133222	Damascus CRC	9/21	W	11:00am-11:45am
133245	Leland CC	9/21	W	10:45am-11:30am
133237	North Chevy Chase LP	9/21	W	11:00am-11:45am
133224	Quince Orchard Vly NP	9/22	Th	11:00am-11:45am
133225	Leland CC	9/23	F	10:45am-11:30am
133226	Germantown CC	9/23	F	10:15am-11:00am
133227	Potomac CC	9/23	F	11:00am-11:45am
133228	N Four Corners LP	9/23	F	11:00am-11:45am
133229	Tilden MS	9/24	Sa	10:15am-11:00am
133230	Quince Orchard Vly NP	9/24	Sa	10:15am-11:00am



**Session II:**

133243	Tilden MS	11/5	Sa	10:15am-11:00am
133244	Quince Orchard Vly NP	11/5	Sa	10:15am-11:00am
133232	Wheaton CC	11/7	M	11:00am-11:45am
133231	Germantown CC	11/7	M	10:15am-11:00am
133233	Gwendolyn Coffield CC	11/8	Tu	10:15am-11:00am
133234	Fairland CC	11/8	Tu	10:15am-11:00am
133223	North Chevy Chase LP	11/9	W	11:00am-11:45am
133235	Potomac CC	11/9	W	11:00am-11:45am
133236	Damascus CRC	11/9	W	11:00am-11:45am
133246	Leland CC	11/9	W	10:45am-11:30am
133238	Quince Orchard Vly NP	11/10	Th	11:00am-11:45am
133239	Leland CC	11/11	F	10:45am-11:30am
133240	Germantown CC	11/11	F	10:15am-11:00am
133241	Potomac CC	11/11	F	11:00am-11:45am
133242	N Four Corners LP	11/11	F	11:00am-11:45am

**Funfit® Three**

**Ages 3-4:** Enjoy a variety of age-appropriate games that require following directions and playing by game rules. Increased skill development, motor skills, and coordination. Further development of socialization, language skills and cooperative play. Adult participation required for the class, but not for every activity. \$10 activity fee due to instructor. Call 301-975-0099 for additional class locations and more information.

**5 Sessions** **\$42.00**

Instructor: Funfit®

**Session I:**

133213	Germantown CC	9/19	M	11:00am-11:45am
133214	Tilden MS	9/24	Sa	11:00am-11:45am

**Session II:**

133216	Tilden MS	11/5	Sa	11:00am-11:45am
133215	Germantown CC	11/7	M	11:00am-11:45am

**Family Funfit®**

**Ages 18 months-4 years:** A fun filled, high energy activity class that includes games, songs, stories, music, parachute, balls and more! A great workout for the whole family! Adult participation required. Children must be walking. \$10 activity fee per child, \$20 family maximum, due to the instructor. Class price is per child. Scroll down to view our second session of classes with new activities beginning in November!

**5 Sessions** **\$42.00**

Instructor: Funfit®

**Session I:**

133113	Potomac CC	9/19	M	4:00pm-4:45pm
133114	Fairland CC	9/20	Tu	11:00am-11:45am
133115	Gwendolyn Coffield CC	9/20	Tu	11:00am-11:45am
133116	Leland CC	9/21	W	10:00am-10:45am
133117	Capital Vw-Hmwd LP	9/22	Th	11:00am-11:45am
133118	Damascus CRC	9/22	Th	4:15pm-5:00pm
133119	Damascus CRC	9/22	Th	5:00pm-5:45pm
133120	Germantown CC	9/23	F	11:00am-11:45am
133121	Quince Orchard Vly NP	9/24	Sa	11:00am-11:45am

**Session II:**

133142	Quince Orchard Vly NP	11/5	Sa	11:00am-11:45am
133122	Potomac CC	11/7	M	4:00pm-4:45pm
133123	Fairland CC	11/8	Tu	11:00am-11:45am
133124	Gwendolyn Coffield CC	11/8	Tu	11:00am-11:45am
133128	Leland CC	11/9	W	10:00am-10:45am
133130	Capital Vw-Hmwd LP	11/10	Th	11:00am-11:45am
133131	Damascus CRC	11/10	Th	4:15pm-5:00pm
133132	Damascus CRC	11/10	Th	5:00pm-5:45pm
133133	Germantown CC	11/11	F	11:00am-11:45am

**Coach Doug Sports Just for Kicks**

**Ages 4-8:** Kickball is making a comeback! That's super news because this exciting game encompasses fundamental sports skills and is a great lead-in to soccer, t-ball/baseball, basketball and more! We'll cover throwing, kicking and catching, base running and rules of the game. Emphasis is on strategy and teamwork concepts, the building blocks of team sports, in a non-competitive atmosphere which promotes self-esteem and confidence! Most classes will be held outdoors with the last class a Saturday Fun Match, location, TBA. Each participant will receive a special surprise from Coach Doug. \$10 activity fee due to instructor. Price is per child. Call 301-983-2690 for more info.

**6 Sessions**

**\$58.00**

Instructor: CTI, Coach Doug

133068	Germantown CC	9/20	Tu	5:00pm-6:00pm
133074	Potomac CC	9/22	Th	5:00pm-6:00pm

**Wee Wanna Be**

**Ages 2-5:** Which sports players do your kids pretend to be? This innovative sports program builds self-esteem and confidence! Children will receive instruction in sports and agility training through supervised, non-competitive play sessions. Sports change each session and include: soccer, lacrosse, football and more! Bring one or more of your children, and come for the fun! Each child can participate at his/her own pace. Each participant receives a special surprise. \$10 activity fee due to instructor. Adult participation required. Price is per child. Call 301-983-2690 for more info. Instructors subject to change.

**9 Sessions**

**\$87.00**

Instructor: CTI, Coach Doug

133028	Leland CC	9/19	M	9:30am-10:15am
133029	Leland CC	9/19	M	10:15am-11:00am
133030	Leland CC	9/19	M	11:00am-11:45am
133031	Germantown CC	9/20	Tu	9:30am-10:15am
133032	Germantown CC	9/20	Tu	10:15am-11:00am
133033	Germantown CC	9/20	Tu	11:00am-11:45am
133034	Germantown CC	9/20	Tu	1:30pm-2:15pm
133035	Germantown CC	9/20	Tu	2:15pm-3:00pm
133036	Bauer Drive CC	9/21	W	9:30am-10:15am
133037	Bauer Drive CC	9/21	W	10:15am-11:00am
133039	Potomac CC	9/22	Th	9:30am-10:15am
133040	Potomac CC	9/22	Th	10:30am-11:15am
133041	Potomac CC	9/22	Th	11:30am-12:15pm
133042	Potomac CC	9/22	Th	1:30pm-2:15pm
133048	Wayside ES	9/24	Sa	9:30am-10:15am
133049	Wayside ES	9/24	Sa	10:15am-11:00am
133050	Oakland Terrace ES	9/24	Sa	9:30am-10:15am
133051	Oakland Terrace ES	9/24	Sa	10:15am-11:00am

*Your little one will love the action and fun in our Tiny Tots classes.*



**Coach Doug's Sports School**

**Ages 4-7:** Join us for this innovative program based on the principles of the highly successful *We Wanna Be* classes which treat each child as a winner thus building self-esteem and enhancing cooperation. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interests and abilities. Teamwork is emphasized. Sports change each session and include: soccer, football, lacrosse and more! Each participant receives a special surprise. \$10 activity fee due to instructor. Call 301-983-2690 for more info.

**9 Sessions \$115.00**

Instructor: CTI, Coach Doug (subject to change)

133027	Leland CC	9/19	M	1:30pm-2:15pm
133013	Leland CC	9/19	M	2:30pm-3:15pm
133014	Leland CC	9/19	M	3:30pm-4:15pm
133015	Leland CC	9/19	M	4:30pm-5:15pm
133016	Germantown CC	9/20	Tu	3:30pm-4:15pm
133017	Germantown CC	9/20	Tu	4:15pm-5:00pm
133019	Potomac CC	9/22	Th	3:30pm-4:15pm
133021	Potomac CC	9/22	Th	4:15pm-5:00pm
133025	Beverly Farms ES	9/24	Sa	11:00am-11:45am
133026	Oakland Terrace ES	9/24	Sa	11:00am-11:45am

**Xciting Xtras****Autumn Xtras****NEW Boo-Ha-Ha Halloween Decorating**

**Adults:** Take the suspense out of this Halloween season. Decorating for Halloween will be frighteningly easy with this fun workshop providing hints and fun tips to make sure your house and yard will be the scream of the neighborhood. Emphasis on creating low-cost decorations from materials that are easily available.

**1 Session \$33.00**

Instructor: Abigail Dion

135063 Bauer Drive CC 2:00pm-3:30pm

**NEW Mystery Academy**

Introduces the Art of Magic: Children will learn a variety of magic tricks, as well as dramatic presentation, comedy, manual dexterity, and positive ideals. Founded on the idea that magic as a performing art combines the best of many arts and sciences to produce a student who is disciplined, self-motivated, imaginative and confident. This course teaches magic tricks to children including sleight-of-hand and magic with cards, coins, rope, paper and other materials.

**10 Sessions \$110.00**

Instructor: Christopher McCauley Bowers

**Ages 7-9:**

130864 Potomac CC 9/28 W 5:00pm-6:00pm

**Ages 10-12:**

130865 Potomac CC 9/28 W 6:00pm-7:00pm

**NEW Football Fun "Duh" Mentals**

**Adults:** Sidelined at the Super Bowl? Confused about the difference between a first down and a touchdown? Here's your opportunity to become the best armchair quarterback. Don't punt the conversation when the game comes on. We'll have you talking better than the announcers about the players, plays and ins and outs of the art of watching football. Earn some extra points with your football fanatic and they will be surprised at your 2-point conversion. The art of moaning, groaning and grunting at the television will not be covered but all other aspects of football watching will be included. This class is for the football widow/widowers and inexperienced watchers only!

**4 Sessions**

**\$32.00**

Instructor: Robert Healy

132914 Kingsview MS 9/27 Tu 7:30pm-8:30pm

**NEW Instructional Fantasy Football League**

**Adults:** Join the hottest craze among the football community and prepare for participation in a fantasy football league! Practice for the draft, recruit your fantasy team and follow your team's statistics and the league standing on the league website. The three classes will vary in length from 1½-3 hours. After the third class students will spend the next 11-weeks in the comfort of their own computers. Teams will reconvene on December 13 for a pre-play-off pow-wow. Eligibility requirements: Must have access to the internet. Winning teams will earn bonuses awarded at the end of the football season (in January). \$10 material fee due to instructor at the first class.

**4 Sessions**

**\$50.00**

Instructor: Robert Healy

132913 Kingsview MS 9/13 Tu 6:30pm-8:00pm

**Dog Obedience**

When deemed necessary by instructor, dogs may be assigned to a class better suited to their level of performance or owner may be asked to remove dogs from program. All pet vaccinations must be current. Prong collars are not permitted. Questions: Call Wortley Ganoe at 301-946-5645 or Beverly Luecke at 301-301-831-6044. \$5 material fee due at Ms. Luecke's classes only.

**Puppy Kindergarten**

**Ages: Trainers 12&Up/Puppies 2-5 months:** Prevent problems before they start. The puppy will explore and be trained to adjust to new sights, sounds, people, and dogs. Instruction in housebreaking, lead breaking and general discipline of puppy. Questions call: Wortley Ganoe at 301-946-5645 or Beverly Luecke at 301-301-831-6044.

**6 Sessions**

**\$43.00**

Instructor: Wortley Ganoe

131214 MCRD Offices 9/10 Sa 9:30am-10:30am

**Dog Obedience 2 Basic**

**Ages: Trainers 12&Up/Dogs 5 months&Up:**

**6 Sessions**

**\$43.00**

Instructor: Beverly Luecke

131218 Bauer Drive CC 9/11 Su 10:00am-11:00am

131219 Bauer Drive CC 9/11 Su 11:00am-12:00pm

Instructor: Wortley Ganoe

131217 MCRD Offices 9/10 Sa 10:30am-11:30am

**Dog Obedience 3 Intermediate****Ages: Trainers 12&Up/Dogs 6 months&Up:**

Prerequisite: a basic course. The goal is to have dogs heeling by voice or hand signals.

**6 Sessions \$43.00**

Instructor: Wortley Ganoe

131220 MCRD Offices 9/10 Sa 11:30am-12:30pm

**Dog Obedience-Novice and Tricks****Ages: Trainers 12&Up/Dogs 6 months&Up:****6 Sessions \$43.00**

Instructor: Beverly Luecke

131221 Bauer Drive CC 9/18 Su 12:00pm-1:00pm

**Discovering Leisure****Modeling for Children**

Stresses posture, walk, pose, grooming, and improving by doing. Girls only. Instructor: Katherine Mizell, originator and director of the Modeling Moppets. Enrollment limited. Age: 4-6 at 9am, Age 7-9 at 10am, Age 10-12 at 11am.

**8 Sessions \$50.00**

Instructor: Katie Mizell

131065 Bauer Drive CC 9/24 Sa 11:00am-12:00pm

131063 Nrbk-Mncstr Mill NP 9/24 Sa 9:00am-10:00am

131064 Bauer Drive CC 9/24 Sa 10:00am-11:00am

**Bridge****Beginner Part II****Advanced Beginners:** Perfect for returning beginners or those who have not played in a while. Covers when to count shortness points, takeout doubles, weak 2's, strong 2C openers and when to jump in the bidding. The more you play, the faster you will learn. Come prepared for lots of fun! \$15 material fee due to instructor. Call Leslie Shafer at 301-593-6828 or email [slamhand@verizon.net](mailto:slamhand@verizon.net).**8 Sessions \$75.00**

Instructor: Leslie Shafer

131871 Gwendolyn Coffield CC 9/19 M 7:15pm-9:15pm

**Basic Conventions****Ages 18&Up:** If you have a basic knowledge of bidding and play techniques, then it's time for you to begin learning the basic conventions. Focus on Stayman, Jacoby Transfers, Blackwood, Weak 2's, and the Strong Two Club Opener for monster opening hands. Course allows 2 weeks for each topic. Designed to let you play many hands each week that will reinforce each lesson. \$15.00 material fee due to instructor at class. Questions: Call Leslie Shafer at 301-593-6828 or email [slamhand@verizon.net](mailto:slamhand@verizon.net).**8 Sessions \$75.00**

Instructor: Leslie Shafer

131868 Potomac CC 9/20 Tu 7:30pm-9:30pm

Instructor: Jane B. Friend

132435 Clara Barton CC 9/21 W 3:00pm-5:00pm

**Slam Bidding****Adults:** Many of you tend to miss over 75% of your slam contracts. This class will focus on the tools you need to recognize more slams and how to bid them with scientific ease. Topics include Forcing Bids, Reverses, Jump Shifts, Control Bidding and Blackwood. Learn to find your good slams and stay out of the bad ones. \$15 material fee due to instructor. Call Leslie Shafer at 301-593-6828 or e-mail [slamhand@verizon.net](mailto:slamhand@verizon.net).**8 Sessions \$75.00**

Instructor: Leslie Shafer

131869 Leland CC 9/21 W 7:30pm-9:30pm

**NEW More Magical Hands!****Adults:** You wanted more, you got it! These are great hands that inspire you to think more logically about bridge. Each hand stands alone. Each table will play about eight hands every week but please note that this class is for advanced students (several years experience, please). In Leslie's classes, there is more play time for the students and less lecturing to endure! Come prepared to have fun. \$15 material fee due to instructor. Call Leslie Shafer at 301-593-6828 or e-mail [slamhand@verizon.net](mailto:slamhand@verizon.net).**8 Sessions \$75.00**

Instructor: Leslie Shafer

131870 Potomac CC 9/26 M 10:00am-12:00pm

**New and Unique Xtras****NEW Water Water Everywhere****Grade Pre-K:** Look at the physical properties of water. What floats? What sinks? When is water not a liquid? What's a meniscus? Explore surface tension, solutions, and erosion. Count how many drops of water a sponge will absorb and dissolve a capsule to reveal a surprise.**8 Sessions \$75.00**

Instructor: Hands on Science

131763 Beverly Farms ES 9/24 Sa 9:30am-10:30am

131764 Beverly Farms ES 9/24 Sa 10:30am-11:30am

131765 Matsanuga ES 9/24 Sa 9:30am-10:30am

131766 Matsanuga ES 9/24 Sa 10:30am-11:30am

**NEW Motion Commotion****Grades K-1:** What energy makes the jumping bug jump and that toy boat zip across the water? How can particles dance in a static tube? What keeps a paper towel dry under water? Balance a gravity fighter and make a cellophane fish curl. You'll really be attracted to a magnetism.**8 Sessions \$75.00**

Instructor: Hands on Science

131767 Beverly Farms ES 9/24 Sa 9:30am-10:30am

131768 Beverly Farms ES 9/24 Sa 10:30am-11:30am

131769 Matsanuga ES 9/24 Sa 9:30am-10:30am

131770 Matsanuga ES 9/24 Sa 10:30am-11:30am

**NEW Action Attraction****Grades 2-3:** You're in the power seat. Control your 'springer'. Turn a full cup of water upside down without a spill. Have you ever used static electricity to separate salt and pepper? Use water power to spin a turbine. Go with the flow of air pressure.**8 Sessions \$75.00**

Instructor: Hands on Science

131771 Beverly Farms ES 9/24 Sa 9:30am-10:30am

131772 Beverly Farms ES 9/24 Sa 10:30am-11:30am

131773 Matsanuga ES 9/24 Sa 9:30am-10:30am

131774 Matsanuga ES 9/24 Sa 10:30am-11:30am

**★NEW★ Earth Power**

**Grades 4-6:** Take home samples of volcanic rocks and ash after modeling a volcano and watching it blow. Find your own real microfossils. Move continents on your tectonocycle. Will you help save the earth from strip mining? Or an oil spill? Where's your power?

**8 Sessions \$75.00**

Instructor: Hands on Science

131775	Beverly Farms ES	9/24	Sa	9:30am-10:30am
131776	Beverly Farms ES	9/24	Sa	10:30am-11:30am
131777	Matsanuga ES	9/24	Sa	9:30am-10:30am
131778	Matsanuga ES	9/24	Sa	10:30am-11:30am

**★NEW★ Home Organization**

As our lives become more chaotic and complex, our homes seem to follow. Transform your house into your own sanctuary of peace; feel your stress levels decrease and your life function more efficiently. Discuss strategies to cut the clutter, learn techniques to organize each room, and to manage your paper and filing. Bring photos of your home, and discover simple functional solutions to your problem areas.

**3 Sessions \$36.00**

Instructor: Michelle Keefe

131169	Leland CC	9/27	Tu	10:00am-11:00am
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**★NEW★ Beauty Boot Camp**

A lifestyle training which covers basic beauty techniques for adults. Make-up application, basic grooming, hair-styling tips, how to be a lady in social and dating situations. The class will include skin care rituals that can be made from the kitchen and a make-up party.

**6 Sessions \$35.00**

Instructor: Tanika Briggs-Belis

**Ages 13-14**

135113	Coffield CC	10/1	Sa	10:30am-11:30am
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**Ages 15-17**

135114	Coffield	10/1	Sa	11:30am-12:30pm
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**★NEW★ Etiquette-Kensington Tots**

**Ages 4-5 years:** Good manners enhance self-esteem, build confidence in social situations and increase a child's level of self-respect. Topics include: Dining etiquette, public behavior, listening skills and 911 emergency situations. Skills are taught through games, and projects. Program includes: pastries and beverages and the 'Grand Finale' with parent. \$10 material fee payable to instructor.

**6 Sessions \$105.00**

Instructor: Kensington Etiquette

132464	Bethesda Lib	10/5	W	3:00am-4:30am
132465	Potomac ES	10/3	M	3:00am-4:30am
132466	Tilden MS	10/8	Sa	9:00am-10:30am
132463	Longwood CC	10/4	Tu	3:00pm-4:30pm

**★NEW★ Kensington Etiquette I**

**Ages 6-12:** Good manners enhance self-esteem, build confidence in social situations and increase a child's level of self-respect. Focus on dining etiquette, introductions, greetings and conversation skills, telephone etiquette, tolerance, sportsmanship. Instruction through role-playing, the popular Kensington Games 'Survivor' 'Etiquette Trivia' and more! Program includes materials, pastries and beverages and the 'Grand Finale'. \$10 material fee due to instructor.

**6 Sessions \$105.00**

Instructor: Kensington Etiquette

132467	Potomac CC	10/3	M	4:30pm-6:00pm
132468	Longwood CC	10/4	Tu	4:30pm-6:00pm
132469	Bethesda Lib	10/5	W	4:30pm-6:00pm
132471	Tilden MS	10/8	Sa	10:30am-12:00pm

**★NEW★ Kensington Etiquette II**

**Ages 6-12:** Good manners enhance self-esteem, build confidence in social situations and increase a child's level of self-respect. Level II class will review Etiquette I, with advanced conversation skills, development of personal style, grooming, respect, tolerance, international foods and travel etiquette. Instruction through role-playing the popular Kensington Games 'SURVIVOR' 'ETIQUETTE TRIVIA' and more! Program includes materials, pastries and beverages and the 'Grand Finale'. \$10 material fee due to instructor.

**6 Sessions \$105.00**

Instructor: Kensington Etiquette

132472	Potomac CC	10/3	M	7:00pm-8:30pm
132473	Longwood CC	10/4	Tu	6:00pm-7:30pm
132474	Bethesda Lib	10/5	W	6:00pm-7:30pm
132476	Tilden MS	10/8	Sa	12:00pm-1:30pm

**★NEW★ Non-Run-of-the-Mill Strategy Games**

**Ages 12&Up:** Learn over a dozen innovative non-mainstream strategy games that are currently popular with the gaming community. These games can be learned in 20 minutes or less, and require less than 2 hours to play. Games include: Carcassonne, Ticket to Ride, Tally Ho!, Lost Cities, Mama Mia, Cartagena, Bohnanza, and Yinsh. Class meets every other week.

**4 Sessions \$36.00**

Instructor: John Goon

131013	Bauer Drive CC	9/28	W	6:30pm-9:00pm
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**★NEW★ Powerful Presentations**

Would you like to increase your chances of success when presenting in front of an audience? Improve your presentation skills and learn to 'wow' your audience. Identify and overcome specific barriers to success through group exercises and interaction using videotaping and audio recording. Leave with specific strategies on how to increase the focus of your message with the audience and understand the importance of your visual, vocal and verbal style for maximum impact. \$13 material fee due to instructor.

**1 Session \$49.00**

Instructor: Mark Sincevich

131867	TBA	12/1	Th	6:00pm-8:00pm
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**★NEW★ The Press for Creativity**

Do you want to be more creative in your life and generate new ideas for yourself? New ideas give more meaning to our personal life. Learn how to become more creative, see the world from a different perspective and apply the principles of this program to your life and to your organization. You will leave with tools to practice increased creativity right away! \$13 material fee due to instructor.

**1 Session \$59.00**

Instructor: Mark Sincevich

131176	Leland CC	12/13	Tu	6:00am-8:00am
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**★NEW★ Work Life Balance**

Are you a Type A personality who finds that there isn't enough time in your schedule to exercise, eat healthy, or spend quality time with your friends and family? According to a recent survey, 78% of adults wish they had more time to stop and smell the roses. In this fascinating presentation, learn how to focus your energy on those areas that you really want to pursue. You will leave this seminar with an action plan to begin achieving balance in your life. \$13 material fee due to instructor.

**1-session \$49.00**

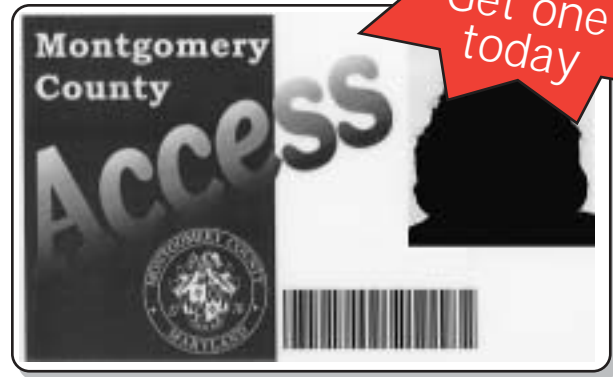
Instructor: Mark Sincevich

135463	TBA	11/2	W	6:00 pm-8:00pm
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# Fast...Easy... Access to Fun!



**Picture Yourself Here**

***Exactly what is an Access Card?***

Your personal card to access Montgomery County Recreation Department programs, activities and facilities

***What does it cost me?***

It's free!

***Does that mean free classes and no pool fees?***

No, the Access Cards are free, but all fees associated with a particular class, weight room, pool, etc., will still apply.

***Why do I have to have one?***

All users of Montgomery County Recreation Department facilities will be required to have an Access Card by September 1, 2005.

***Where can I get a card?***

You can get an Access Card at any Montgomery County Recreation Department location.

***When do I need to have the card?***

We want all MCRD participants to have this FREE card. All programs will require Access Cards by September 1, 2005.

***When will I be able to get a card?***

Access Cards are available now.

**For more information, call 240-777-6820 or  
[www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)**

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## Registration Form

Take to any Montgomery County Recreation Department location.

☐ I have registered for a class, program or activity in the past.

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (     ) \_\_\_\_\_ Cell Phone: (     ) \_\_\_\_\_

email (optional): \_\_\_\_\_



MONTGOMERY COUNTY

*Charles W. Gilchrist***Center for Cultural Diversity****About the Gilchrist Center for Cultural Diversity**

The Charles W. Gilchrist Center for Cultural Diversity serves as a central point of contact to County and other community services, and is a resource for acquiring language and job skills. It also provides a welcoming environment in which to learn laws and behavioral expectations that govern the community.

The Gilchrist Center Offers:

- **A New Americans Welcome Area**, which focuses on the needs of new immigrants and newcomers to the County. Programs include English as a Second Language (ESOL), Citizenship Classes, Basic Computer Training, Basic Legal Assistance for Civil and Immigration Cases, and Informational Seminars on a variety of themes, including Home Ownership, Consumer Credit, and Basic Legal Information. It also includes an extensive Information and Referral System.
- **A Cultural Program Component**, which includes educational programs concentrating on the wide variety of cultures that comprise our county's population, as well as programs on cultural competency, diversity, and inter-cultural relations. It also offers social events and special events.
- **The Cultural Ambassador (CA) Volunteer Program** assures volunteer involvement at the Center by actively recruiting professionals, retirees, students, corporations, and all community members. By providing support skills and services in a variety of areas, including multilingual and other diverse skill sets. Gilchrist Center Volunteers assist greatly in meeting the Center's goals.

For more information, including program schedules and volunteer opportunities, please contact or visit us at the address below!



Open (Abierto)  
9:00am-1:00pm and  
5:00pm-9:00pm  
Monday-Thursday  
(Lunes-Jueves), and  
9:00am-1:00pm  
Friday & Saturday  
(Viernes y Sábado)  
Closed Sundays  
(Cerrado el Domingo)

**Un Breve Resumen del Centro Gilchrist para Diversidad Cultural**

El Centro Gilchrist para Diversidad Cultural funciona como un lugar muy visible y de fácil acceso para encontrar dirección, apoyo, y oportunidades para la población muy diversa del condado Montgomery, en el estado de Maryland. Sirve como un punto central de contacto a servicios del Condado y de otras organizaciones comunitarias, y es un recurso para obtener habilidades de trabajo y de lenguaje. El Centro también provee un ambiente de bienvenidos por lo cual se puede aprender las leyes y requisitos sociales que gobiernan la comunidad.

El Centro Gilchrist Ofrece:

- **Un Area de Recepción para Nuevos Americanos** que enfoca las necesidades de nuevos inmigrantes y nuevas personas al condado. Programas incluyen inglés como segunda lengua, clases de ciudadanía, entrenamiento básico de computación, asistencia legal básica para casos civiles y de inmigración, y seminarios informativos en una variedad de asuntos, incluyendo Como Comprar Su Propia Vivienda, Bancarrota y Crédito del Consumidor, y Información Legal Básica. También incluye un sistema extensivo de Información y Referencia.
- **Un Componente de Programas Culturales**, programas educativos que tratan de la variedad de culturas que componen la población de nuestro condado, y también programas en como entender otras culturas diversas, y programas sobre relaciones interculturales. Además, ofrece eventos sociales y especiales.
- **El Programa de Voluntarios "Embajador Cultural"** asegura que los voluntarios estén involucrados en el Centro por reclutar profesionales, retirados, estudiantes, corporaciones, y todos los miembros de la comunidad. Por proveer habilidades de apoyo y servicios en una variedad de áreas, incluyendo habilidades multilingües y diversas. Voluntarios del Centro Gilchrist asisten mucho con lograr las metas del Centro.

Para más información, incluyendo horarios de programas y oportunidades voluntarias, por favor contáctenos o visítenos en la dirección abajo!

**Charles W. Gilchrist Center for Cultural Diversity**

11319 Elkin Street  
Wheaton, Maryland 20902  
240-777-4940



## Internet Registration

You're only a few clicks away!

You need access to the internet and your Customer Number and Account PIN (Personal Identification Number).

Forgot your account information? Call us at 240-777-6840

If you don't have an account, it's easy to set one up. Go to [montgomerycountymd.gov](http://montgomerycountymd.gov) and select the 'Culture & Leisure' tab. Click on 'RecWeb Registration.' Click on the 'Create Account' link and complete the new account form. An account will be created and we will send you an email with your account information needed to logon to RecWeb.

All registrations and all debts owed on your account must be paid for in full at the time of registration.



240-777-8277

### Fast and Convenient

Just fill out and sign the form below, and return this page to our office as soon as possible. You can fax it to us at 240-777-6857. We will set up your family as STARline participants and mail you a packet that includes easy to follow complete instructions for registering via STARline.

#### FAMILY MEMBER INFORMATION FORM: Please list all family members.

Last Name	First Name	Birthdate	Grade	Sex M/F
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (     ) \_\_\_\_\_ Work Phone: (     ) \_\_\_\_\_

When you register for classes using STARline, payment in full must be made by Visa or Mastercard. Access to your account will be via a Personal Identification Number (PIN ). This PIN will serve as your electronic signature. Your signature below is an agreement to authorize Montgomery County Department of Recreation to process your payment.

Cardholder/Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

For more information about RecWeb or STARline, call us at 240-777-6840.  
We'll be happy to answer any questions you may have.



# Facility Locations

## ELEMENTARY SCHOOLS (ES)

Bannockburn Elementary School-  
6520 Dalroy LN, Bethesda  
Barnsley, Lucy Elementary School-  
14516 Nadine DR, Rockville  
Bethesda Elementary School-  
5011 Moorland LN, Bethesda  
Beverly Farms Elementary School-  
8501 Post Oak RD, Rockville  
Clarksburg Elementary School-  
13530 Redgrave PL, Clarksburg  
Cloverly Elementary School-  
800 Briggs Chaney RD, Silver Spring  
DuFief Elementary School-  
15001 DuFief DR, Gaithersburg  
Glenallan Elementary School-  
12520 Heurich RD, Silver Spring  
Luxmanor Elementary School-  
6201 Tilden LN, Rockville  
Oakland Terrace Elementary School-  
2720 Plyers Mill RD, Silver Spring  
Olney Elementary School-  
3401 Queen Mary DR, Olney  
Poolesville Elementary School-  
19565 Fisher AVE, Poolesville  
Potomac Elementary School-  
10311 River RD, Rockville  
Resnik, Judith A. Elementary School-  
7301 Hadley Farms DR,  
Gaithersburg  
Ride, Dr. Sally K. Elementary School-  
21301 Seneca Crossing DR,  
Germantown  
Rock View Elementary School-  
3901 Denfeld AVE, Kensington  
Rolling Terrace Elementary School-  
705 Bayfield ST, Takoma Park  
Sherwood Elementary School-  
1401 Olney-Sandy Spring RD,  
Silver Spring  
Stedwick Elementary School-  
10631 Stedwick RD, Gaithersburg  
Wayside Elementary School-  
10011 Glen RD, Potomac  
Wyngate Elementary School-  
9300 Wadsworth DR, Bethesda

## LIBRARIES

Bethesda Regional Library-  
7400 Arlington RD, Bethesda  
Wheaton Regional Library-  
11701 Georgia AVE, Wheaton

## SECONDARY SCHOOLS (MS or HS)

Briggs Chaney Middle School-  
1901 Rainbow DR, Silver Spring  
Frost, Robert Middle School-  
9201 Scott DR, Rockville  
Kingsview Middle School-  
18909 Kingsview RD, Germantown  
Poolesville High School-  
7501 Willard RD, Poolesville  
Sligo Middle School-  
1401 Dennis AVE, Silver Spring  
Tilden Middle School-  
11211 Old Georgetown RD,  
Rockville

## PARK SITES

(LP=local park, PC=park center,  
NP=neighborhood park)

Argyle Local Park-  
1030 Forest Glen RD, Silver Spring  
Camp Seneca Local Park-  
14500 Clopper RD, Boyds  
Capital View-Homewood Local Park-  
2929 Edgewood RD, Kensington  
Glenmont Local Park-  
3201 Randolph RD, Wheaton  
Kemp Mill Estates Local Park-  
120 Claybrook DR, Wheaton  
Ken-Gar Palisades Local Park-  
4140 Wexford DR, Kensington  
Leland Neigh. Park-  
4300 Elm ST, Chevy Chase  
Marva Tots n' Teens Gym-  
5636 Randolph RD, Rockville  
Norbeck-Muncaster Mill Neighborhood Park-  
4101 Muncaster Mill RD, Norbeck  
North Chevy Chase Local Park-  
4105 Jones Bridge RD, Chevy Chase  
North Four Corners Local Park-  
211 Southwood AVE, Silver Spring  
Norwood Local Park-  
4700 Norwood RD, Bethesda  
Olney Manor Recreational Park-  
16601 Georgia AVE, Olney  
Pilgrim Hills Local Park-  
1615 E Randolph RD, Colesville  
Quince Orchard Valley Neighborhood Park-  
12015 Suffolk TER, Gaithersburg  
Spencerville Local Park-  
15701 Good Hope RD, Spencerville  
Tilden Woods Local Park-  
6800 Tilden LN, Potomac  
Veirs Mill Local Park-  
4425 Garrett Park RD, Wheaton

## POOLS/SWIM CENTERS (P, AqC, SwC)

Martin Luther King Swim Center-  
1206 Jackson RD, Silver Spring  
Montgomery Aquatic Center-  
5900 Executive BLVD, N. Bethesda  
Olney Swim Center-  
16601 Georgia AVE, Olney  
*Also see page 8.*

## COMMUNITY CENTERS (CC)

Bauer Drive Community Center-  
14625 Bauer DR, Rockville  
Clara Barton Community Center-  
7425 MacArthur BLVD, Cabin John  
Damascus Community Center-  
25520 Oak DR, Damascus  
East County Community Center-  
3310 Gateshead Manor WAY,  
Silver Spring  
Fairland Community Center-  
14906 Old Columbia PK,  
Burtonsville  
Germantown Community Center-  
18905 Kingsview DR, Germantown  
Gwendolyn Coffield Community Center-  
2450 Lyttonsville RD, Silver Spring  
Leland Community Center-  
4301 Willow LN, Chevy Chase  
Long Branch Community Center-  
8700 Piney Branch RD, Silver Spring  
Longwood Community Center-  
19300 Georgia AVE, Brookeville  
Potomac Community Center-  
11315 Falls RD, Potomac  
Ross Boddy Community Center-  
18529 Brooke RD, Sandy Spring  
Upper County Community Center-  
8201 Emory Grove RD, Gaithersburg  
Wheaton Community Center-  
11711 Georgia AVE, Wheaton  
*Also see page 65.*

## SENIOR CENTERS (SrC)

Holiday Park Senior Center-  
3950 Ferrara DR, Wheaton  
Schweinhaut Senior Center-  
1000 Forest Glen RD, Silver Spring  
*Also see page 5.*

## OTHER FACILITIES

CREATE Arts Center-  
816 Thayer Avenue, Silver Spring  
Kritt Studio-  
14817 Brownstone DR, Burtonsville  
MCRD Offices-  
4010 Randolph RD, Silver Spring  
South Germantown Park Driving Range-  
18045 Central Park Cir, Boyds  
Waters Landing Golf Park-  
20701 Crystal Rock DR, Germantown

## Recreation Service Regions

The Department of Recreation has five regional service areas, which follow the Government Service Center Regions. Information and registration for all recreation programs is available at all Regional Service Centers (RSC).

**Bethesda-Chevy Chase** 240-777-6900  
Bethesda, Chevy Chase, Potomac  
11315 Falls Road, Potomac

**East County** 240-777-4980  
Briggs Chaney, Burtonsville, Fairland, NE Silver Spring  
14906 Old Columbia Pike, Burtonsville

**Mid-County** 240-777-4930  
Aspen Hill, Olney, Sandy Spring, Wheaton, Brookeville  
4010 Randolph Road, Silver Spring

**Silver Spring** 240-777-4910  
Silver Spring, Takoma Park  
2450 Lyttonsville Road, Silver Spring

**Upcounty** 240-777-6940  
Upper Montgomery County, Montgomery Village, Damascus, Darnestown, Redland, Poolesville, Dufief/Travilah  
12900 Middlebrook Road, Germantown



Come celebrate Halloween at one of our Community Center events.

## Community Recreation Centers

Community Recreation Centers (CRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages.

Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room.

Rooms of various sizes at the CRCs are also available for rentals. Call for specific hours and availability.

<b>Clara Barton Community Center</b> 7425 MacArthur Boulevard, Cabin John	301-229-0010
<b>Bauer Drive Community Center</b> 14625 Bauer Drive, Rockville	301-468-4015
<b>Ross J. Boddy Community Center</b> 18529 Brooke Road, Sandy Spring	301-570-1204
<b>Gwendolyn E. Coffield Community Center</b> 2450 Lyttonsville Road, Silver Spring	240-777-4900
<b>Damascus Community Center</b> 25520 Oak Drive, Damascus	240-777-6930
<b>East County Community Center</b> 3310 Gateshead Manor Way, Silver Spring	301-572-7004
<b>Fairland Community Recreation Center</b> 14906 Old Columbia Pike, Burtonsville	240-777-4970
<b>Germantown Community Center</b> 18905 Kingsview Road, Germantown	301-601-1680
<b>Charles W. Gilchrist Center for Cultural Diversity</b> 11319 Elkin Street, Wheaton	240-777-4940
<b>Good Hope Community Center</b> 14715 Good Hope Road, Silver Spring	301-989-1210
<b>Leland Community Center</b> 4301 Willow Lane, Chevy Chase	301-652-2249
<b>Long Branch Community Center</b> 8700 Piney Branch Road, Silver Spring	301-431-5702
<b>Longwood Community Center</b> 19300 Georgia Avenue, Brookeville	301-570-1200
<b>Plum Gar Community Center</b> 19561 Scenery Drive, Germantown	301-601-0966
<b>Potomac Community Center</b> 11315 Falls Road, Potomac	240-777-6960
<b>Scotland Community Center</b> 7700 Scotland Drive, Potomac	301-983-4455
<b>Upper County Community Center</b> 8201 Emory Grove Road, Gaithersburg	301-840-2469
<b>Wheaton Community Center</b> 11711 Georgia Avenue, Wheaton	301-929-5500

**Aquatic Centers:** See page 8  
**Senior Centers:** See page 5  
**Other Locations:** See page 64

# REGISTRATION INFORMATION

## Five Ways to Register



**RecWeb** Online registration at <http://recweb.montgomerycountymd.gov>. Internet users must pay their account in full. If you need additional information, call 240-777-6840.



**STARline** members may register by using our telephone automated registration system. To become a STARline member, complete the application on page 63. STARline users must pay their account in full. STARline registration number is 240-777-8277.



**Fax 240-777-6818**

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



**Mail or drop off:**

Montgomery County Recreation Department  
Attention: Registrar  
4010 Randolph Road  
Silver Spring, MD 20902-1099



**Full Service in person:**

Montgomery County Recreation Department  
Administrative Office  
4010 Randolph Road  
Silver Spring, MD 20902-1099

Monday-Friday, 8:30am-5:00pm

Registration is also available at all Regional Service Centers (see listing on page 65).

VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.

- Financial assistance is available to county residents who are recipients of assistance from other Montgomery County agencies. Eligibility is based on proof of that assistance. A financial assistance application form may be picked up at any recreation office, community center, or swim center. You may also obtain an application by calling 240-777-6840; or through the internet: [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec).

- The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

### Withdrawal Policy

This withdrawal policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement. You may elect to receive a credit on your Recreation account for future programs or a refund which may be subject to a withdrawal fee equal to 20% of the program cost.

- If your written withdrawal request is received more than seven days before the start date of the program, you will receive a full credit to your Recreation account. A refund of credit is subject to a fee equal to 20% of the program cost.
- If your written withdrawal request is received seven days or less before the start date of the program, you will be charged a withdrawal fee equal to 20% of the program cost for a credit or a refund.
- If your written request is received on or after the start date of the program, your credit will be pro-rated based on the date the request is received in addition to the 20% withdrawal fee. No credit is given for previous program days missed. No withdrawal requests will be considered after the last scheduled date of the program.
- If the Department cancels a program, changes a location or time and you can not attend, or the program is full, you will receive a full credit or refund.
- You may process your own withdrawal online more than seven days before the start date of the program (no withdrawal fees) at [recweb.montgomerycountymd.gov](http://recweb.montgomerycountymd.gov).

Mail your written withdrawal request to Montgomery County Recreation Department, Attention: Refund Request, 4010 Randolph Road, Silver Spring, MD 20902; or fax to 240-777-6818; or email to [rec.refund@montgomerycountymd.gov](mailto:rec.refund@montgomerycountymd.gov).

This request must include the participant's name, payer's name, address, phone number, course number, reason for withdrawal, and specify credit or refund.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.

### Registration Confirmation

Confirmations will be mailed as registrations are processed. If you do not receive your confirmation, call 240-777-6840. A waiting list notification will be sent to you if you do not get placed.

### Payment Information

- Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program. (See *Five Ways to Register*, above.)
- Non-county residents must pay an additional \$10.00 per participant per activity.
- Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name.



# Registration Form

☐ Check here if new address/phone/email. **Please print.** This form may be duplicated.

PAYER'S: Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Email \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_

PARTICIPANT'S: Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 (if under 18 years) Mother's Name \_\_\_\_\_ Email \_\_\_\_\_  
 Home Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_  
 Father's Name \_\_\_\_\_ Email \_\_\_\_\_  
 Home Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_

Participant's Name (last, first)	Birthdate mm/dd/yy	Sex m/f	School Attending	Grade	Activity Name	Course Number	Location	Start Date	Start Time	Fees*

\*If you are a non-resident, include an additional \$10.00 per participant in the fee for each activity.

☐ Check or Money Order payable to MCRD, Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902.

Total Amount Due: \$

☐ Master Card ☐ Visa Card No. \_\_\_\_\_ Expiration Date \_\_\_\_\_

CARDHOLDER: Name (print) \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

If paying by credit card, you may **fax** your registration form to **240-777-6818**. If you need help completing this form, please call 240-777-6840.

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Participant or Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



## Fall 2005 Classes For All Ages

To register or request a brochure, call 301.585.1225

See complete program details at [www.roundhousetheatre.org](http://www.roundhousetheatre.org).

Unless otherwise noted, all fall 2005 class sessions and auditions are held at Round House Theatre Education Center, 925 Wayne Avenue, Silver Spring, Maryland 20910. These classes are offered by Round House Theatre, a not-for-profit 501(c)(3) corporation.

### FOR PRE-SCHOOL AGES

#### Dramatots (Ages 3–5)

Students explore familiar stories and create new ones through drama, movement and visual art.

**Class Days/Dates/Times:**

Saturdays, Sept. 17–Nov. 19 9:30–10:30am

**Tuition:** \$215 **Class Code:** 1001.201

### FOR ELEMENTARY SCHOOL AGES

#### Let's Imagine (Grades K–1)

This class offers the perfect environment for students who love to play theatre games, act out stories and exercise their imaginations.

**Class Days/Dates/Times:**

Saturdays, Sept. 17–Nov. 19 9:30–10:30am

**Tuition:** \$185 **Class Code:** 1002.201

#### Fun with Theatre (Grades 2–3)

This class encourages self-expression as students explore their imaginations and work together to create drama.

**Class Days/Dates/Times:**

Saturdays, Sept. 17–Nov. 19 10:30–11:30am

**Tuition:** \$185 **Class Code:** 1004.201

#### Create Your Own Adventure (Grades 3–5)

Have you ever seen a show and wanted to change the story? Now you can!

##### Session 1: Funky Fairytales

See what happens to the *Three Little Pigs* or *Cinderella* in your version of the tales.

**Class Days/Dates/Times:**

Saturdays, Sept. 17–Oct. 15 1:30–2:30pm

**Tuition:** \$100 per session **Class Code:** 1003.201

##### Session 2: Heroes to the Rescue!

Imagine and live adventures for famous heroes like Hercules...or brand new ones you invent.

**Class Days/Dates/Times:**

Saturdays, Oct. 22–Nov. 19 1:30–2:30pm

**Tuition:** \$100 per session **Class Code:** 1003.211

#### Adventures in Acting (Grades 4–6)

Building on previous theatre experiences, students create and perform scripted and improvisational drama.

**Class Days/Dates/Times:**

Saturdays, Sept. 17–Nov. 19 11:30am–12:30pm

**Tuition:** \$185 **Class Code:** 1006.201

### FOR MIDDLE SCHOOL AGES

#### Let's Share Shakespeare (Grades 5–7)

While rehearsing and performing scenes and monologues from the Bard's plays, participants will hone their performance skills in a fun and supportive atmosphere. The final two sessions (November 12 & 19) will be spent performing at sites in Montgomery County. Families are responsible for their own transportation to and from the performance sites.

**Class Days/Dates/Times:**

Saturdays, Sept. 17–Nov. 5 12:30–2:30pm

**Show Days/Dates/Times:**

Saturdays, Nov. 12 & 19 12:30–2:30pm

**Show Locations:** TBD

**Tuition:** \$300 **Class Code:** 1008.201

#### Act Fast! Improvisation (Grades 6–8)

Ensemble problem-solving channels creative energy, encourages spontaneity and builds self-confidence through improvisational games and exercises.

**Class Days/Dates/Times:**

Saturdays, Sept. 17–Nov. 19 2:30–4:30pm

**Tuition:** \$300 **Class Code:** 3012.201

#### Youth Onstage (Grades 6–8)

Students in this popular class spend the fall developing and rehearsing an educational, entertaining and exciting children's show! The final two classes will be spent performing at sites in Montgomery County. Families are responsible for their own transportation to and from the performance sites. By audition only. Call 301.585.1225 for audition information.

**Audition Day/Date/Time:**

Saturday, Sept. 10, 2:30–4:30pm

**Class Days/Dates/Times:**

Saturdays, Sept. 17–Nov. 19 2:30–4:30pm

**Show Days/Dates/Times:**

Saturdays, Dec. 3 & 10 2:30–4:30pm

**Show Locations:** TBD

**Tuition:** \$325 **Class Code:** 3010.201

#### Musical Theatre (Grades 6–8)

Students will prepare scenes from hit musicals and learn vocal, interpretative and movement techniques.

**Class Days/Dates/Times:**

Saturdays, Sept. 17–Nov. 19 12:30–2:30pm

**Tuition:** \$350 **Class Code:** 3007.201

### FOR HIGH SCHOOL AGES

#### Improvisation (Grades 9–12)

Students will collaborate spontaneously as they participate in improv games and acting exercises that channel creativity and build self-confidence.

**Class Days/Dates/Times:**

Saturdays, Sept. 17–Nov. 19 12:30–2:30pm

**Tuition:** \$300 **Class Code:** 3018.201

### FOR ADULTS (AGES 18+)

#### Monologue & Character Building

Working with a professional actor/instructor on monologues, students concentrate on the process of creating a fully realized and believable character.

**Class Days/Dates/Times:**

Mondays, Sept. 12–Nov. 21 7:30–9:30pm

(No class Oct. 3)

**Tuition:** \$300 **Class Code:** 5013.200

#### Improvisation

Through improvisational games and structured experimentation, this class encourages self-confidence and welcomes spontaneity.

**Class Days/Dates/Times:**

Tuesdays, Sept. 13–Nov. 29 7:30–9:30pm

(No class Oct. 4 & Nov. 1)

**Tuition:** \$300 **Class Code:** 1003.201

